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MORNINGS
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Clamping down on cyberbullying

Following meeting with parents of Rehtaeh Parsons, PM vows to push tougher laws on cybercrime

PAGE 8

GREAT, BIG, AND BACK

NEWFOUNDLAND'S GREAT BIG SEA TO PLAY 'MOST IMPORTANT CITY ON EARTH' — HALIFAX, AFTER 20 YEARS OF BEING ON THE ROAD

PAGE 16

No-tax-hike budget planned

Moves to council.

A 1.5-per-cent tax reduction was made possible by unexpected returns



HALEY RYAN

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The proposed HRM budget will go to regional council next week, after the audit and finance committee approved the "no tax increase" aspect of the report.

On Wednesday morning, the committee approved the budget presented by Richard Butts and Greg Keefe, chief administrative and financial officers, which includes a tax reduction of 1.5 per cent.

"Those who have not done improvements to their home or purchased a new home will see the same or a reduced tax bill," Butts said during the meeting.

This applies to about 80 per

Quoted



"It's a good day, but let's not overstate it. We are stewards of the public's money. This is not our money, this is their money."

Mayor Mike Savage

cent of HRM residents, and 38 per cent of businesses.

Butts said the 1.5 reduction option was possible thanks to a higher-than-expected surplus of \$26 million for 2013-14.

Keefe added after the meeting the surplus made quite a jump in the last few weeks because business units turned over more money than was expected after the fiscal year ended.

The resolution passed by the committee approved an operating budget of \$821 million and

a project budget of \$165 million.

Fire and emergency services, Metro Transit, and community and recreational services topped the spending list.

Large projects include the Bedford Community Centre, Burnside development, adding a fourth ferry and more buses, transit technology, new sidewalks and roads, LED streetlights, and keeping a state of good repair across HRM.

Mayor Mike Savage said passing this budget isn't necessarily something to celebrate because keeping taxes consistent is something HRM should always do.

"It's an occasion for us to say as a municipality that we recognize the burden that our citizens and businesses face, that we have a responsibility to be prudent and sensible with our finances," Savage said.

The recommended budget will go to regional council on April 30. **HALEY RYAN/METRO**

MORE COVERAGE, PAGE 3

HILARIOUS HALIFAX

Comedian Nikki Payne performs during the opening gala of the Halifax Comedy Fest at Casino Nova Scotia's Schooner Showroom on Wednesday night. The annual festival runs through Saturday. Story, page 6. **JEFF HARPER/METRO**



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Councillors weigh in on details of proposed budget

Debate. Tim Outhit says committee isn't being truthful when it comes to taxes



HALEY RYAN
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While most councillors were supportive of the proposed HRM budget presented by municipal staff on Wednesday, debate over how much some taxpayers will be paying on their bills sent one councillor storming out of the room at city hall.

Coun. Barry Dalrymple was one of the most enthusiastic in his praise for the budget, especially its 1.5 per cent tax reduction and \$26-million surplus.

"I consider this an absolutely wonderful day, and somewhat incredulous day," Dalrymple said during the discussion.

Coun. Gloria McCluskey also said she supported the budget, drawing laughs and applause from the committee after she noted this is the first proposal she's ever agreed with.

"I thank you very much ... for what you've been able to do this year," McCluskey

Quoted

"I didn't believe in a tax increase."

Coun. Gloria McCluskey

said to the budget staff.

Near the end of the meeting, Coun. Tim Outhit asked for clarification on the 1.5 per cent reduction and heard that most companies wouldn't see that on their bill.

"We better not communicate it as a zero tax increase, then, because it's not true for commercial taxpayers," Outhit said, though Coun. Bill Karsten added this was "semantics" and it was out of HRM's control to freeze property-assessment rates.

"If you want to snow the people, go ahead and snow the people," Outhit said a few minutes later, and walked out of the council room.

Coun. Jennifer Watts said that she supported the budget but that there's "a flip side to reduce, reduce, reduce" and that she wanted to stop talking about taxes as a "burden."

"The services we pay for through tax provide us with the community we live in — how we get around, how we relate to one another," Watts said.



Coun. Barry Dalrymple, seen in this file photo, is a big supporter of the proposed HRM budget. JEFF HARPER/METRO

Proposed amounts that would be spent in the following municipal departments:

\$22.2M

Halifax Regional Libraries

\$106.2M

Metro Transit

\$43.5M

Community and recreation services

\$81M

Halifax Regional Police

\$56.6M

Fire and emergency

1 NEWS



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The show will go on: Marquee set to reopen its fabled doors

Local bar scene.

Revamped venue will offer live music and alternative events

CLARK JANG

halifax@metronews.ca

When the Marquee Club on Gottingen Street closed its doors in 2008, Victor Syperek didn't know if it would ever reopen again.

Fast-forward five years and Syperek's uncertainty has turned to excitement as the owner of the newly named Marquee Ballroom focuses on the venue's two-day reopening, with Wintersleep and The Trews headlining on Friday and Saturday nights, respectively.

"I want the best live music venue in the city," says Syperek. "I want it to be comfortable and to have lots to look at."

Mannequins, bicycles and torpedo holders dangle from the ceiling to the left of the

12,000-square-foot venue's backstage area.

The basement, Hell's Kitchen, is reminiscent of the New York underground.

Syperek handcrafted the bar himself with sheets of copper and steel hammered down and sanded flat to give a steampunk-esque feel.

"It's back by popular demand," laughs Greg Clark, the entertainment manager.

Clark points to The God That Comes, the one-man-show put on by Hawksley Workman last week, as the type of alternative event people might expect at the new Marquee.

The revamped venue will also have a restaurant and be available to rent for private events. And a lounge licence

lets it stay open until 2 a.m. Just don't expect to see the lights on every night.

"We won't be opening just for the sake of opening," says Syperek. The venue will only be open if there's a band or show people want to see, he adds.

The former Marquee Club closed its doors because of financial difficulties.

Since the smoking ban and proliferation of at-home entertainment, Syperek believes the Halifax bar scene has declined. But he's still confident the Marquee can draw huge crowds.

"One thing you can't do at home is pick up the opposite sex, catch really good music, have a night out, grab some food," he says. "There's nothing better than that."

The new Marquee Ballroom

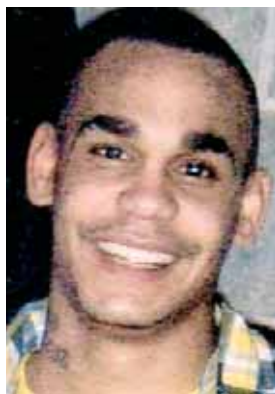
"It's going to be a multipurpose facility for people to do what they want, or for us to do our own shows."

Greg Clark, Marquee entertainment manager



Owner Victor Syperek, right, and entertainment manager Greg Clark will reopen the Marquee Ballroom this weekend, with hopes of boosting the Halifax music and alternative event scene. CLARK JANG/FOR METRO

Cops call for witnesses in murder case



Nathan Cross HANDOUT/RCMP

Police in Halifax are asking for the public's help in a two-year-old murder case that remains unsolved.

On April 24, 2011, 21-year-old Nathan Cross was shot while standing with a group of people outside of a home on Churchill Terrace in North Preston. Police say Cross, who was wearing body armour, was shot several times and died en route to hospital.

Halifax RCMP spokesman Cpl. Scott MacRae said police have received "a little bit of information" related to the case but investigators "still believe that there's more in-

formation and valuable details out there."

He said there were witnesses in the area at the time of the shooting and their information could help solve the crime.

"Any time you have a loss with this type of violence in a community, it's important for the police and the community to work together to get information to bring those responsible to justice," MacRae said.

This isn't the first tragedy to strike the Cross family.

Nathan's mother, Laura Lee Cross, is also part of an unsolved homicide case. The remains of the 33-year-old Dart-

Crime Stoppers

Anyone with information on the Nathan Cross murder investigation is asked to contact police or Crime Stoppers at 1-800-222-8477.

mouth woman were found on a logging road near Halifax Stanfield International Airport in 2002, one year after she was reported missing.

MacRae couldn't comment on whether police believe the two cases were related.

EMILY KITAGAWA/FOR METRO

Deficit. Former N.S. finance minister says he didn't mislead house

Former Nova Scotia finance minister Graham Steele says he did not mislead the legislature when he tabled an inaccurate budget-deficit figure in the spring of 2012.

Steele addressed the issue in the legislature for the first time on Wednesday. He had previously said outside of the house that he did not deliberately mislead the legislature when he delivered a budget last year that overstated revenue estimates by \$27 million.

Steele repeated that message in the house on Wednesday, saying he presented figures that had been established before a March 1 cutoff date and that had been verified by provincial auditor general Jacques Lapointe.

In his February report Lapointe said the government delivered a deficit forecast of \$211 million when it was aware the actual figure was \$238 million.

THE CANADIAN PRESS

Home search

Cops seize drugs, brass knuckles

Halifax police say charges are expected after a search of a Dartmouth home on Tuesday night. Police say the search on Braemar Drive turned up drugs, a replica handgun, a bullet-proof vest and brass knuckles. METRO

MacIntosh case

Province calls for inquiry into delay

Premier Darrell Dexter says the province wants the federal government to call a full inquiry into the case of Ernest Fenwick MacIntosh.

Dexter says Justice Minister Ross Landry met with his federal counterpart in Ottawa on Wednesday to

make the request.

On Monday, the Supreme Court of Canada rejected the Crown's appeal of a lower court ruling that tossed out 17 sex-offence convictions against MacIntosh.

The court said the Crown took too long to bring the former Cape Breton businessman to trial on charges involving boys in the 1970s.

THE CANADIAN PRESS



Ernest MacIntosh METRO FILE

Cocaine and cash

Woman arrested on drug charges

A 31-year-old woman is facing drug charges after a drug search Tuesday in the 2000 block of Gottingen Street. Cocaine, cash and drug paraphernalia were seized, police allege, and the woman was arrested. METRO

Pictou court

Man pleads guilty in child-porn case

A 43-year-old Stellarton man has pleaded guilty to a charge of making child pornography available. Richard Ley Lewis entered the plea in Pictou provincial court on Wednesday and will be sentenced July 3. NEW GLASGOW NEWS

Did you hear the one about Halifax?

LOL. Four-day comedy fest kicks off with jokes about Zellers, grannies and our hills

EMILY
KITAGAWA
halifax@metronews.ca

Halifax Comedy Fest kicked off its four-day run on Wed-

nesday night with a lineup of nine well-known comedians including Nikki Payne, Charlie Demers and Darren Frost at Casino Nova Scotia's Schooner Room.

Mark Critch from CBC's This Hours Has 22 Minutes introduced the show and warned the audience to stay seated or risk being knocked down by a large, swinging mechanical arm supporting a

television camera.

Critch passed the torch to the host and funnyman Bob Marley, who provided comedic interludes and a guffaw-inducing closing act.

Jokes from the comedians ranged from \$13 Zellers jeans and misadventures with granny at Disneyland to seven-year-old thumb-suckers. A common thread was region, with many jokes pointed at Halifax:

its weather and its steep hills.

Darren Frost, a favourite among the audience, commented first on his weight — "I don't like to say I gave up, I just lost a war with cheese" — and added, "this town is built for my shape."

He explained "all your hotels and bars are at the bottom of the hill. And all your late-night food is at the top. So all the hammered people have

Details online

Halifax Comedy Fest runs through Saturday. Visit halifaxcomedyfest.ca for event details.



Comedian Bob Marley at Casino Nova Scotia on Wednesday METRO

Sable Island. Home to wild horses, birds, seals to become national park

Nova Scotia is introducing legislation to protect Sable Island and help make it Canada's 43rd national park.

Energy Minister Charlie Parker says the legislation mirrors what the federal government tabled in the Senate in February.

Amendments to the Canada-Nova Scotia Offshore Petroleum Resources Accord Implementation Act

Wild, wild horses

400

The 42-kilometre-long island, about 300 kilometres southeast of Nova Scotia, is home to 400 wild horses, several bird species and a breeding population of grey seals.

would prohibit oil and gas drilling from the surface of Sable Island and out to one nautical mile from shore.

The 42-kilometre-long island, about 300 kilometres southeast of Nova Scotia, is home to 400 wild horses, several bird species and a breeding population of grey seals.

Nova Scotia and Ottawa agreed in October 2011 to make the island the country's newest national park.

Parker says it's hoped the process can be completed sometime this year with the passage of the provincial and federal legislation.

THE CANADIAN PRESS



Charlie Parker
METRO FILE

Ligni Bel Ltd. claim

Court dismisses \$33M claim by sawmill operator

The Supreme Court of Nova Scotia has dismissed a claim from a sawmill company that said it was owed \$33.3 million after the NewPage Port Hawkesbury paper mill went into creditor protection in 2011.

Ligni Bel Ltd., which operates a sawmill in Pictou County, argued that it was owed the money because of several problems including increased log costs and NewPage's failure to supply enough wood for

its operations.

The sawmill operator said it had to reduce daily operations and sell its wood chips elsewhere, putting it at a financial disadvantage.

But NewPage argued that it took "extraordinary" measures to deliver stud-wood to the Ligni Bel, even though the sawmill fell behind in payments under a fibre agreement.

In a decision released Wednesday, a claims officer who adjudicated the matter rejected Ligni Bel's claim, saying NewPage provided significant detail of its efforts to accommodate the sawmill operator.

THE CANADIAN PRESS

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Chiheb Esseghaier, one of two men accused of plotting a terror attack on a VIA Rail target, is led off a plane at Buttonville Airport just outside Toronto. CHRIS YOUNG/THE CANADIAN PRESS

VIA Rail accused met an al-Qaida mole, sources say

Court outburst. Criminal Code 'is not a holy book,' says the man arrested in alleged plot to hit passenger train

The Montreal suspect accused of plotting a terror attack on a passenger train allegedly met with an al-Qaida operative before coming to Canada in the summer of 2008, sources say.

And this put him on the radar of security officials here, say the sources, who have knowledge of the investigation into the alleged VIA Rail plot.

Tunisian-born Chiheb Esseghaier has been under surveillance for a year, and police became increasingly

concerned after what was seen as erratic conduct aboard an airliner en route to Mexico last spring. The event resulted in no charges, but worried law enforcement.

However, it was a recent change in behaviour that triggered police to arrest him at a McDonald's in Montreal's Central Station — not political expediency or the Boston bombing, sources said.

His co-accused, Raed Jaser, was arrested at his North York workplace on Monday.

In a Toronto court Wednesday, Esseghaier asked to speak, saying, "We know that this Criminal Code is not a holy book."

"It's just written by set of creations and the creations they're not perfect because only the creator is perfect," he added.

TORSTAR NEWS SERVICE

New powers

Vote stirs fears over liberties

MPs have voted to give Canadian officials "exceptional" powers to probe potential terrorist acts — powers that critics say trample on civil liberties.

Anti-terror legislation passed Wednesday will enable preventive arrests, meaning Canadians can be held for up to three days without charge.

And it opens the door to investigative hearings where people can be compelled to testify under threat of detention.

TORSTAR NEWS SERVICE

Pimping trial. Why did police take three weeks to make an arrest?



GRAHAM LANKTREE
Metro in Ottawa

A disturbing fact has become apparent in the Ottawa trial of three accused teen pimps.

After the first alleged victim complained to police, it took cops almost three weeks to make an arrest.

Meanwhile, the girls are alleged to have pimped out two other teens and sexually assaulted three more.

As the first alleged victim in the case took the stand this week, the 18-year-old revealed how the first john she met the night of May 18, 2012 — when she was 17 — made her dress up in a pink bikini with gold leggings before he had sex with her without a condom, against her will.

Last week, the girl's

mother testified how the next day — May 19 — police took a statement from her about what happened after she heard the story from her daughter.

The following week on May 25, police recorded a video interview with the alleged victim.

Yet a second girl was allegedly victimized by all three accused on May 30, 2012.

That girl, the Crown alleges, was robbed and brought to three different johns before she made it home and her mom called 911.

Ultimately, two of the accused teenage pimps were arrested on June 8 and 9, 2012.

The three, who cannot be identified by law, are charged with human trafficking, forcible confinement, assault, robbery and uttering threats.

Research destroyed

Animal-rights break-in costly

A break-in by animal-rights activists who freed about 100 laboratory animals has cost years of research and hundreds of thousands of dollars in damage, the head of pharmacology at Milan's state university in Italy said.

Prof. Francesco Scaglione said most of the research is seeking treatments for brain diseases like Parkinson's, Alzheimer's and dementia.

THE ASSOCIATED PRESS

Mass-mail campaign

Tories hit Justin at our expense

The Tories are launching a mass-mail campaign against Justin Trudeau — at taxpayers' expense.

Tory MPs are urged to use their mailing privileges to blanket their ridings with flyers. Costs come out of each MP's office budget — supplied by taxpayers.

THE CANADIAN PRESS

'Wayne Mustardson' feels a seal-hunt chill

A satirical campaign against the Canadian seal hunt by the International Fund for Animal Welfare got a chilly reception from Inuit demonstrators on Parliament Hill Wednesday.

A staged appearance by "Wayne Mustardson, Minister of Obsolete Industries," to announce fictional tax credits for items like sealskin curtains and seal-blubber house paint, ended up being heckled by a small crowd that included aboriginal seal-hunt advocate Aaju Peter.

Peter accused the animal-rights activists of "destroying livelihoods of East Coast sealers, destroying livelihoods of Inuit families."

"Do you even you what you're talking about?" Peter asked.

IFAW spokesperson Michelle Cliffe said the demonstrators' hostility was misplaced because their campaign is not aimed at the aboriginal seal hunt.

"We don't know of any animal-welfare group that's opposed to Inuit subsistence hunting, so the discussion is an unfortunate one, but



Aaju Peter, left, confronts an International Fund for Animal Welfare member portraying "Wayne Mustardson, Minister of Obsolete Industries" on Parliament Hill. STEVE COLLINS/FOR METRO IN OTTAWA

there's that misunderstanding," she said.

Morley Hanson, an instructor with Nunavut Sivuniksavut, an Inuit college program in Ottawa, accompanied his students to the demonstration.

As far as he was concerned, IFAW's attempts at humour fell flat.

"Buffoonery like this, political theatre like this guy just put on just shows great disrespect to a large portion of Canadian society," he said.

"I think that's deplorable," he added.

STEVE COLLINS/FOR METRO IN OTTAWA

New furor?

A ruling Thursday from a European court is expected to reignite an international debate over Canada's annual east-coast seal hunt — which has begun off Newfoundland.

- **Plea.** A group led by the Canadian Fur Institute has asked the Luxembourg-based court to strike down a European Union ban on seal products.

Quoted

"Ain't no problems like ho problems. I got ho problems."

Tweet by one of the accused teens, discussed in court

PM, Nicholson push cyberbullying laws

Rehtaeh Parsons.
Harper's comments come after meeting with parents of teen who committed suicide

A crime is a crime, regardless of whether it happens on the Internet, Prime Minister

Stephen Harper said on Wednesday as his government promised to expedite efforts to create a new law against cyberbullying.

"We absolutely must speak out against the notion that some people have that 'anything goes' on the Internet," Harper said during question period in the House of Commons. "Something that is a crime is a crime if it happens

on the Internet as well."

Harper's comments followed his meeting on Tuesday with the parents of Rehtaeh Parsons, the Nova Scotia teenager who took her own life this month. Parsons' parents want federal laws beefed up so more can be done to combat cybercrime.

Justice Minister Rob Nicholson, meanwhile, pushed his provincial and territorial

counterparts on Wednesday to speed up efforts to create a law that would curb cyberbullying. Those ministers gave him the go-ahead, Nicholson said.

"Today, when I met with my counterparts, I recommended that we expedite the review of our laws by June and I was pleased to receive unanimous support," Nicholson said in an emailed statement.

THE CANADIAN PRESS



Minister of Justice Rob Nicholson speaks to reporters in Ottawa on Tuesday as he is joined by Leah Parsons, mother of Rehtaeh Parsons, second from right, and her partner, Jason Barnes, as well as Rehtaeh's father, Glen Canning, second from left, and his wife, Krista. SEAN KILPATRICK/THE CANADIAN PRESS

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| '04 Chevrolet Epica LT | Green | '07 Chrysler Sebring | Silver | '09 Chevrolet Aveo | Black | '10 Suzuki SX4 Sedan | White |
| '05 Chrysler Crossfire | Blue | '07 Dodge Dakota ST | Black | '09 Chevrolet Cobalt | Silver | '10 Toyota Corolla CE | Red |
| '05 Chrysler Sebring | Blue | '07 Ford Focus SE | Black | '09 Chrysler 300 | Silver | '11 Dodge Caliber SXT | Silver |
| '05 Ford Focus ZXW | Red | '07 Ford Focus SE | Maroon | '09 Hyundai Accent | Grey | '11 Kia Forte 2.0L EX | Blue |
| '05 Mazda Tribute | Blue | '07 Ford Focus SE | Black | '09 Hyundai Accent | Orange | '11 Lincoln Town Car | Silver |
| '05 Mini Cooper | Green | '07 Ford Freestyle | Black | '09 Jeep Compass | White | '11 Nissan Rogue S | D'k Grey |
| '06 Cadillac SRX | Grey | '07 Ford Fusion SEL | D'k Grey | '09 Subaru Legacy 2.5 | White | '11 Nissan Versa 1.8S | Silver |
| '06 Chevrolet Cobalt | Silver | '07 Honda Fit DX | Silver | '09 Suzuki Grand Vitara | Black | '11 Suzuki SX4 Crossover | Silver |
| '06 Chevrolet Optra | Black | '07 Jeep Compass | Silver | '09 Suzuki SX4 | Silver | '11 Suzuki SX4 Crossover | Black |
| '06 Ford Fusion | Maroon | '07 Jeep Wrangler TJ | Black | '09 Yamaha XV250s | Black | '11 Suzuki SX4 Sedan | Black |
| '06 Hyundai Accent GL | Silver | '07 Mercedes-Benz CLK500 | Grey | '10 Chevrolet Impala | Silver | '12 Dodge Avenger SXT | Grey |
| '06 Mitsubishi Lancer | Grey | '07 Pontiac G5 SE | Silver | '10 Dodge Caliber | Silver | '12 Nissan Altima 2.5 S | Blue |
| '06 Nissan Altima | Green | '07 Suzuki Swift + | Red | '10 Dodge Charger | Grey | '12 Nissan Altima 2.5 S | Black |
| '06 Pontiac G6 GT | Dark Grey | '07 Volkswagen City Golf | Red | '10 Ford Fusion SE | Black | '12 Nissan Titan S | Black |
| '06 Pontiac Torrent | Grey | '08 BMW 528i | Grey | '10 Ford Mustang V6 | Red | '12 Suzuki Grand Vitara | Silver |

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'House of horrors'

Despite reprieve, death penalty may still loom for abortion doctor

An abortion provider charged with killing babies after they were born alive won a reprieve when a judge threw out three murder counts, but the death penalty still looms if he is convicted in four other newborn deaths.

Dr. Kermit Gosnell has been in prison since a 2011 grand jury report that described his outdated West Philadelphia clinic as "a house of horrors."



Dr. Kermit Gosnell
THE ASSOCIATED PRESS

Judge Jeffrey Minehart had ruled Tuesday that prosecutors over the past month failed to make a case on three of the seven first-degree murder counts.

THE ASSOCIATED PRESS

Sexual assault trial. Woman must remove niqab in court, judge says

An Ontario judge has ruled that a woman must remove her face-covering veil to testify against the men she is accusing of sexual assault.

The judge says the woman's niqab "masks her demeanour and blocks both effective cross-examination by counsel for the accused and assessment of her credibility by the trier of fact."

The 37-year-old woman, known only as N.S., alleges two men sexually assaulted her over five years, starting when she was six years old.

The question of whether she should be allowed to test-

ify while wearing her niqab went to the Supreme Court, which issued a split decision but set out a test for judges to decide in individual cases.

The case is now back in provincial court, and Judge Norris Weisman ruled the woman must remove her veil to testify.

Weisman noted that he had to balance her religious freedom with the accused men's right to a fair trial, but in the end he was concerned that her face covering would hinder assessment of her credibility, possibly resulting in wrongful convictions. THE CANADIAN PRESS



An Ontario judge says a woman's niqab "masks her demeanour and blocks both effective cross-examination by counsel for the accused and assessment of her credibility by the trier of fact." GETTY IMAGES FILE



Rescuers look for survivors in the debris of a building that collapsed in Savar, Bangladesh, Wednesday. At least 149 people were killed. A.M. AHAD/THE ASSOCIATED PRESS

Scores killed in factory collapse

Bangladesh. Canadian retailer Joe Fresh among brands that were made in the garment factory

Rescuers tried to free dozens believed trapped in the concrete rubble after an eight-storey building that housed garment factories collapsed, killing at least 149.

Searchers cut holes in the jumbled mess of concrete with drills or their bare hands, passing water and flashlights to those pinned inside the build-

Quoted

"You can't trust many buildings in Bangladesh.... You can buy off anybody and there won't be any retribution."

Charles Kemaghan, executive director of the Institute for Global Labour and Human Rights

ing near the capital, Dhaka.

"I gave them whistles, water, torchlights. I heard them cry. We can't leave them behind this way," said fire official Abul Khayer. Rescue operations continued through the night.

The disaster came less than

five months after a factory fire killed 112 people and underscored the unsafe conditions in Bangladesh's massive garment industry.

The complex that collapsed included a bank and shopping mall as well as factories that produced a "small number" of items for Canadian retailer Loblaws Joe Fresh clothing line, among other customers. "We are extremely saddened to learn of the collapse of a building complex in Bangladesh and our condolences go out to those affected by this tragedy," Loblaws spokeswoman Julija Hunter said in an email.

THE ASSOCIATED PRESS

Zimbabwe

Grain reserves dangerously low

Zimbabwe's grain reserves are running dangerously low ahead of new but poor harvests caused by erratic rain, an independent development bank said Wednesday.

The African Development Bank said the strategic reserves have become so depleted that commercial millers have been stopped from buying supplies from the state.

The shortage of corn has also raised prices of the staple food as 1.6 million Zimbabweans already depend on food aid, it said. THE ASSOCIATED PRESS

Afghanistan. Flooding, earthquake leave at least 25 people dead

Floods in northern Afghanistan killed at least 14 people, and an earthquake that struck the northeast and neighbouring Pakistan on Wednesday left 11 people dead and scores injured, officials said.

The flooding deaths occurred in Balkh province, where heavy rains on Tuesday sent deluges down hillsides of villages in the remote districts of Kishindih, Sholgara and Nahri Sha. Five people were missing, 1,795 families were displaced from their homes, said local officials.

The quake caused casualties

Quoted

"All of our livestock and homes were destroyed."

Ghulam Sakhi, resident of a village in the Sholgara district

in two provinces of Afghanistan that border Pakistan.

In Nangarhar province, at least 10 people were killed, 110 were injured, and about 100 houses destroyed or damaged, said the provincial governor's spokesman, Ahmad Zia Abdulzai. THE ASSOCIATED PRESS



5 TAILS, ONE STORY

Canada Post and the Canadian Federation of Humane Societies (CFHS) have teamed up on the Choose Pet Adoption stamp issue. Meet the stars of the stamps above. Use them on your mail to help raise awareness about pet adoption as the first choice when bringing a new animal into a family!



PURCHASE ONLINE OR AT YOUR POST OFFICE.
canadapost.ca/adoption



Immigration curbs

Swiss pulling up the welcome mat

Switzerland is feeling a little full.

So it plans to restrict immigration from Western European countries starting next month.

It cites constant growth in people coming to work in the prosperous non-European Union country.

The Alpine nation

already imposes quotas on long-term residence permits for people from eight eastern European countries.

The government said Wednesday it expects to apply the new curbs for a one-year period starting in May to the other western and southern European Union countries.

It said it concluded that restricting permits "can help to make immigration more acceptable to society."

THE ASSOCIATED PRESS

Syria war victim

Ancient minaret now just rubble

The minaret of the Umayyad mosque proudly stood for 923 years in the Syrian city of Aleppo. But now it's a war casualty.

Video images posted on the Internet Wednesday by anti-regime activists show a large pile of rock and rubble in the stone courtyard of the 12th-century

mosque. And there's a gaping hole where the 45-metre-tall minaret stood.

Syrian state media blamed a militant group linked to al-Qaida, for destroying the minaret.

But rebels from the Aleppo Media Centre said government forces fired shells from a tank.

"Suddenly shells started hitting the minaret," an activist said.

TORSTAR NEWS SERVICE



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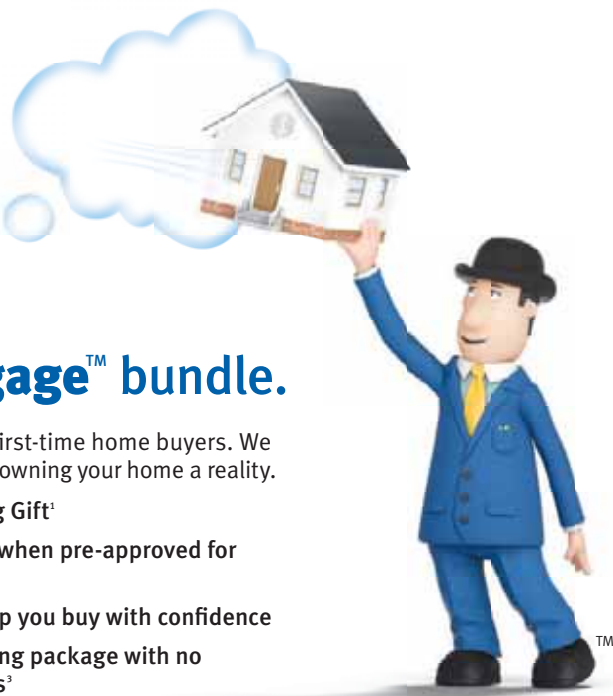
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Anger, it seems, is never far away in Greece. Here, a woman shouts as police clash with protesters at a rally in Thessaloniki on Wednesday.

NIKOLAS GIAKOURIDIS/THE ASSOCIATED PRESS

As the cash crunch bites, the Greeks lash out

Ugly violence. Racial attacks are spiralling and the thuggery is getting nastier, human rights groups say

Call it the angry nation: The number of racially motivated attacks increased in Greece last year, human rights groups say.

And the severity of the violence involved spiralled too, the rights groups say.

Ugly violence has increased as Greece's economy has worsened over the past few years.

Relying on international rescue loans to remain solvent, the country has imposed deep spending cuts that have sent unemployment soaring to around 27 per cent.

The Racist Violence Recording Network reported 154 cases of racist violence in 2012, including 25 in which the victims said the perpetrators were police.

The figures were released a week after more than 30 Bangladeshi workers suffered shotgun wounds on a strawberry farm in southern Greece during a dispute with foremen over back pay.

The cruel city

The vast majority of attacks occurred in Athens, mainly in inner-city neighbourhoods.

- **Weapons.** Immigrants are often set upon by groups of men wielding metal bars, chains, brass knuckles, broken bottles, knives and wooden clubs.
- **Injuries.** Victims suffer broken bones, damage to sight and hearing and extensive bruising.

Kostis Papaioannou, head of the National Commission for Human Rights, said the number of attacks recorded increased 20 per cent from the previous year.

But, he noted, the true number could be much higher because many victims are afraid to come forward, fearing further mistreatment by authorities or deportation.

There have been numerous reports of police, who are at the forefront of a government crackdown on foreigners in the country illegally, mistreating immigrants.

THE ASSOCIATED PRESS

Beauty boxes. Montreal's Glymm closes, leaving customers in the lurch



A screengrab from the now-defunct Glymm website. SCREENGRAB/METRO

The business of beauty boxes appears to have hit an ugly bump as Montreal-based Glymm abruptly closed its virtual shop last Friday, leaving members wondering what happened to their money.

Glymm member Kalyn Lord, 27, an Ottawa blogger, said she's not shocked at the news, after months of delayed shipments, subpar sample bags and shoddy customer service.

"They asked customers to be patient on Facebook and promised an email newsletter with updated shipping schedules, and at the end of the day, that's all we received from Glymm — empty promises," Lord said. She said she is owed two months' worth of products.

Members were told Glymm shut down via a short email on April 19. Simultaneously, its website, Facebook and Twitter pages vanished.

Paul Fournier, one of the founders of Glymm and — according to LinkedIn — a sales

and e-commerce director at Montreal fashion brand Mackage, has not returned phone calls. Metro was told by a receptionist that he's on vacation.

Mir Cheung, 24, of Toronto has been a loyal Glymm member since 2011, and said she is owed \$135 from her annual subscription, plus more in unclaimed gift cards and bonus points. "This closure leaves a bad taste in my mouth," she said.

Ken Whitehurst, executive director at the Consumers Council of Canada, an independent non-profit, said the chances of a refund are slim.

"Any business you make contact with, whether through the Internet or not, and they go bust, you've got the risk you won't get the service that you paid for," Whitehurst said.

He recommends filing a report with the Canadian Anti-Fraud Centre. "That may not get you your money back, but it will get you the satisfaction of seeing them pursued," he said. **IRENE KUAN/METRO ONLINE**

What's a beauty box?

- The beauty-box industry has grown since LuxeBox, Glymm and TopBox all launched in 2011, with thousands of Canadian women

paying to have attractive packages filled with sample-sized beauty products mailed to their doors each month.

Driller's delight. Gas workers bring creole cuisine with them

The land of scrapple and chipped ham is starting to get a taste for jambalaya and boudin.

Thanks to an influx of South-easterners filling jobs in north-central Pennsylvania's booming natural-gas industry, a region not often placed on many culinary maps is finding itself flush with the foodways found below the Mason-Dixon line, arguably the source of some of the U.S.'s richest culinary traditions.

Suddenly, convenience stores stock sweet tea, barbecue is a hot seller, and the almost Norman Rockwell-quiet Coun-



Geologist Steve Clark eats jambalaya on a natural-gas drilling site near Montoursville, Pa. THE ASSOCIATED PRESS

try Store in Pennsdel, Pa., even makes its own boudin, a pork sausage popular in Louisiana.

THE ASSOCIATED PRESS

The smart(phone) way to cash cheques arrives in Canada

Banking. To make a mobile deposit, just snap a couple of pics

Quoted

"You get home from work (and) the last thing you really want to do is go back out to a branch to deposit a cheque."

Gary Genik, Meridian's senior vice-president and chief information officer

Meridian in Ontario and Affinity Credit Union in Saskatchewan are set to follow suit next month. "Anything that we can imagine we can do in the branch or online, our members

are looking to do eventually on our phones," said Meridian's senior vice-president and chief information officer Gary Genik.

"One of the last things left for members to drive them into the branch ... is to actually deposit and get access to cash. This provides the ability to deposit a cheque from the comfort of their own home, office, cottage — wherever they happen to be."

The technology is simple. Users just need to take photos of the front and back of a cheque to cash it within the app. **THE CANADIAN PRESS**



Barrick under fire on all fronts

Protesters display an effigy of Barrick Gold Corp.'s chairman and founder Peter Munk outside Toronto's Metro Convention Centre on Wednesday as the mining company held its annual meeting. While the protesters focused on environmental issues and corporate responsibility, shareholders expressed their disapproval by voting against an executive pay resolution. Barrick had come under fire for an \$11.9-million signing bonus paid to co-chairman John Thornton that was part of a \$17-million payment package he received last year. The company has also been hit hard by falling gold prices, and work on its Pascua-Lama mine — which straddles the border of Chile and Argentina — was suspended by a Chilean appeals court amid environmental concerns about the construction of the world's highest-altitude gold and silver mine. "This has been a tough year for Barrick and our shareholders. It seems as if our company has been under siege by several disappointments and setbacks," CEO Jamie Sokalsky told the meeting. **CHRIS YOUNG/THE CANADIAN PRESS**

Personal finance

Canadians paying off debt faster

Fewer Canadians are letting their debt repayments lapse for more than three months compared with a year ago, according to a report by Equifax Canada.

The study found that the percentage of unpaid non-mortgage debt classified as going into 90-day delinquency was a moderate 1.2 per cent in the first quarter of this year, a slight increase from 1.19 per cent in the fourth quarter.

But Nadim Abdo, Equifax's vice-president of consulting solutions, says this rate was markedly lower compared with 1.39 per cent in the first quarter of 2012.

In the past, Equifax studies have shown that consumers tend to take out more loans, and do not pay them back as quickly, during a volatile economy or periods of high unemployment. "There seems to be more financial control by the consumers and by the banking and financial institutions," Abdo said. **THE CANADIAN PRESS**

Market Minute

DOLLAR
97.50¢ (+0.05¢)

TSX
12,270.43 (+179.49)

OIL
\$91.43 US (+\$2.25)

GOLD
\$1,423.70 US (+\$14.90)

Natural gas: \$4.17 US (-7¢)
Dow Jones: 14,676.30 (-43.16)

| | | |
|---|------------------------------|----------------|
| 2012 | SUPREME COURT OF NOVA SCOTIA | Hfx No. 409690 |
| BETWEEN: | | |
| FIRST NATIONAL FINANCIAL GP CORPORATION | | |
| - and - | | |
| JEFFREY SCOTT POIRIER and KIMBERLY ANN POIRIER | | |
| PLAINTIFF | | |
| DEFENDANTS | | |
| Notice of Public Auction | | |
| To be sold at Public Auction under an order for foreclosure, sale, and possession, unless before the time of sale the amount due to the plaintiff on the mortgage under foreclosure, plus costs to be taxed, are paid: | | |
| Property: All that piece or parcel of land situate lying and being known as Civic No. 25 Lovell Street, Halifax, in the County of Halifax, Province of Nova Scotia being more particularly described in a mortgage made between Jeffrey Scott Poirier and First National Financial GP Corporation, which mortgage is recorded at the Land Registry Office for the County of Halifax, as Document No. 91573312. The subject property has been migrated to the Land Registry System and is known as PID No. 41166976; and is subject to the burden of a restrictive covenant and two easements. | | |
| A copy of the description of the property, as contained in the mortgage under foreclosure, is on file at the sheriff's office and may be inspected during business hours. | | |
| Date of Sale: May 22, 2013. | | |
| Time of Sale: 12:30 p.m., local time. | | |
| Place of Sale: Conference Room # 3, 1815 Upper Water Street, Halifax, Nova Scotia. | | |
| Terms: Ten per cent (10%) deposit payable by cash, certified cheque, or solicitor's trust cheque at the time of sale, remainder within fifteen days upon delivery of deed. | | |
| SIGNED at Halifax, Nova Scotia on April 18, 2013 | | |
| Adam D. Crane MORRIS BUREAU Solicitor for the Plaintiff 307-6080 Young Street Halifax, NS B3K 5L2 | | |
| Alan Coley Sheriff for Halifax County | | |

| | | |
|--|------------------------------|----------------|
| 2012 | SUPREME COURT OF NOVA SCOTIA | Hfx No. 407185 |
| BETWEEN: | | |
| CREDIT UNION ATLANTIC LIMITED | | |
| - and - | | |
| SHAWN NEIL BYARD | | |
| PLAINTIFF | | |
| DEFENDANT | | |
| Notice of Public Auction | | |
| To be sold at Public Auction under an order for foreclosure, sale, and possession, unless before the time of sale the amount due to the plaintiff on the mortgage under foreclosure, plus costs to be taxed, are paid. | | |
| Property: All that piece or parcel of land situate lying and being known as Civic No. 15 William Street, East Preston, in the County of Halifax, Province of Nova Scotia being more particularly described in a mortgage made between Shawn Neil Byard and Credit Union Atlantic Limited, which mortgage is recorded at the Land Registry Office for the County of Halifax, as Document No. 92838458. The subject property has been migrated to the Land Registry System and is known as PID No. 40266033. | | |
| A copy of the description of the property, as contained in the mortgage under foreclosure, is on file at the sheriff's office and may be inspected during business hours. | | |
| Date of Sale: April 29, 2013. | | |
| Time of Sale: 12:30 p.m., local time. | | |
| Place of Sale: The Law Courts, 1815 Upper Water Street, Halifax, Nova Scotia. | | |
| Terms: Ten per cent (10%) deposit payable by cash, certified cheque, or solicitor's trust cheque at the time of sale, remainder within fifteen days upon delivery of deed. | | |
| Adam D. Crane MORRIS BUREAU Solicitor for the Plaintiff 307-6080 Young Street Halifax, NS B3K 5L2 | | |
| Peter Legerre Deputy Sheriff for Halifax County | | |

BUT THEY'RE CANADIAN ...

If there are two topics that all Canadians love, they are taxes and history. As the tax deadline approaches, I thought it important to look back at how Canadians came to be the happy, taxpaying nation that we are today.

Strap yourself in. It's a wild ride.

Time is Money: A History of Canadian Taxes

1500s: Native groups collect percentages of food from passing European explorers. The Europeans are angry at first, but they are also early Canadians: They calm down when they learn that low-income explorers can reclaim a percentage of their cornmeal at the end of each fiscal year by attaching schedule C of form 1256 to their tax return and checking the box "voyageurs, door-to-door salesmen and other itinerant workers."

1652: Louis XIV of France imposes a 10 per cent tax on moose pelts in his colony. At the time, this was considered a sin tax. You don't want to know.

1751: Nova Scotia begins charging duties on billiard tables. Furious Nova Scotians, disguised as aboriginals, raid three ships



HE SAYS

John Mazerolle

metronews.ca

cert.

1884: The federal government places a vice tax on snuff. In an attempt to counter the obvious moral issues, the government labels each snuff tin with a 1-88-SNUFF-OUT number and a message asking, "Snuffed Enough?"

1917: Prime Minister Robert Borden introduces the Income

tax in Halifax Harbour and try to throw hundreds of billiard tables into the sea, but only manage to throw out their backs. They're angry at first, but also Canadian: They decide to get blind-drunk instead, kicking off a tradition still observed by Haligonians to this day.

1867: Canada (now better known as The Harper Government) is created, forcing the need for tax-funded flags, calendars, and pencils with flags on them. The federal government is given the high-cost items of the time, such as railway buildings and finding the best performers for the big Canada Day bash. Canadians are angry at first, but they're Canadian: They calm down when they see that the feds scored Franz Liszt for the Parliament Hill concert.

War Tax Act, saying that shortly after the war "the measure should be definitely reviewed." The official Hansard transcript adds that the prime minister gave big knowing winks throughout his comments before giving a running high-five to everyone in the front row of the House of Commons.

1927: The Department of National Revenue is created. To keep taxes down, the government promises the new department will be a low-cost affair with only one person to answer the phone for the whole country, an edict that is still in place.

1960s: The government begins using computers to collect tax information, guaranteeing that employees who had previously found the deluge of tax returns unmanageable could now soothe their nerves with games of Solitaire and Minesweeper.

1993: The Liberals break an election promise to eliminate the GST. After years of being calmly Canadian, taxpayers have finally had enough and punish the Liberals by tossing them from office 13 years later.

And that's a look at Canadian tax history. If it ever angers you, arm yourself with knowledge. Once you've read about important moments like Lawson v. Interior Tree Fruit and Vegetables Committee of Direction (that's real, I swear), you'll be calm again. If not comatose.

ZOOM

Domo arigato, Mr. Roboto



JEFF MITCHELL/GETTY IMAGES

You've got to hand it to him

Patrick Kane, 16, who lost his left hand as a baby, has become the first person in Britain to be fitted with a prosthetic hand that is so advanced it can be operated by a smartphone. **METRO**

He's 'app-y'

- Using a mobile-phone application, the user can choose between 24 different pre-set grip patterns.
- When the user wants to use it manually, electrodes in the wrist pick up electrical impulses created by contracting muscles. Electrodes then transmit commands to a tiny computer implanted in the artificial hand. The computer then moves it into the desired position.

Let's shake on it

"When I'm meeting new people, it's a great conversation starter."

Patrick Kane

Clickbait



HANNAH ZITNER

hannah.zitner@metronews.ca

While most www bots have a sole purpose to irritate anyone in their automated paths, some have surfaced with no other goal than to bring sheer delight to those caught in their webs. Give any of these a follow for some 9-5 hilarity.

@RedScareBot:

Nominated for a social-media Shorty Award, Robot J. McCarthy retweets (with added snark) anything with a seemingly Communist bent. Examples that have gotten the red flag? "Chris Rock is my favorite communist because he's the funniest communist." Joe would be so proud.

@Procrastibot:

For those who need a little nudge getting off Twitter, Procrastibot sends a gentle reminder to "GET BACK TO WORK" at key lazy points in the day.

@pimentocheese:

Pimento cheese retweets all mentions of this Southern delight.



Comments

RE: Justin Trudeau Video Pitches End To Attack Ads, published April 24

I still know nothing about his platform, policies or ideas for running the country ... How about some substance, Justin? I'm not going to vote for you just because "Harper needs to go." Give me some reasons other than your nice hair and boyish smile.

Scott Ox posted to metronews.ca

His father handed Canada over to Quebec and is one of the most hated Canadians of our generation (all federal jobs requiring first language French, endless supplies of tax dollars being dumped into Quebec with equalization payments, etc). Justin is only there because of

his name but I don't think he hates English Canadians as much as his family. It's going to be a tough mix as he already has the guaranteed ... French vote and has the acting training to boot to sway English Canadians. Should be a fun ride.

Crease posted to metronews.ca

Brilliant reply! When the Tory ads started immediately after Justin's victory, all I could think was "they must be really scared if they feel they need to bash him already, and he has(n't) even done anything."

DaleWale posted to metronews.ca

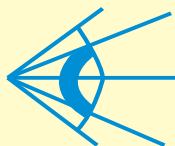
Now this is a really prime example of taking the high road. I'd like to hear more about his political platform, though, so Justin Trudeau definitely has my attention.

Jay posted to metronews.ca

WE WANT TO HEAR FROM YOU:

Send us your comments: halifaxletters@metronews.ca

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Friday May 3rd
All 4 Locations



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DOCTORS OF OPTOMETRY



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Our Open House*

Friday May 3rd • 9am-6pm

287 Lacewood Drive, Park West Centre, Halifax
50 Tacoma Drive, Tacoma Centre, Dartmouth
45 Alderney Drive, Queen Square, Dartmouth
650 Portland Street, Superstore Mall, Dartmouth

We will be offering amazing one-day
upgrades, discounts, prizes, as well as a chance to

Win Lenses for Life*

*some conditions apply, see in-office for details.



Hope to **see** you there!

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Open House May 3

Family Vision Clinic is very pleased to announce
the addition of three new partners to their
practice. Congratulations to Dr. Rhett MacDonald,
Dr. Marni Denman and Dr. Stephanie Blackmore!

Join them on May 3 for a celebratory open house
offering special one-day only discounts, draws,
and prizes for their loyal patients.

Dartmouth
650 Portland Street
50 Tacoma Drive
45 Alderney Drive

Halifax
287 Lacewood Drive
Visit their website at:
familyvisionclinic.ca



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the new partners of
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Family Vision Offers Co



Drs. Oulahan, Debly, Killoran, and MacInnis would like to welcome three new partners to Family Vision Clinic: Dr. Marni Denman, Dr. Stephanie Blackmore, and Dr. Rhett MacDonald.

Established in the early 1960s, our eye care clinic specializes in caring for all of your vision needs. We offer complete vision services including eye examinations, contact lenses and the latest styles in eye glasses. Our Doctors of Optometry and friendly staff are always ready to meet your family's vision needs.

By staying current with the latest developments in eye care, prescription lenses, and advances in contact lens technology, our vision clinic can provide you and your family with optimal vision and professional eye care management today, and for many years to come.

We take pride in building lasting relationships with our patients and we accomplish this by offering exceptional customer service to each and every Family Vision Clinic client encounter.

The Doctors of Optometry at Family Vision Clinic believe in looking at the big picture

when it comes to your eye health, so we take the time to get to know you, your eye care history, and your vision needs.

Our Doctors of Optometry know that getting the right prescription involves balancing several factors, including optimal eyesight, visual efficiency, and your ability to process visual information seamlessly.

Whether you need a routine eye examination, a contact lens fitting, an eyeglass adjustment, a post surgical follow-up appointment (as is required post-LASIK or, after cataract surgery) or, you require treatment for an eye disease (such as age-related macular degeneration or glaucoma), our Doctors of Optometry will provide you with professional care, including treatment options, and follow-up care.

Our Doctors of Optometry and friendly staff are always ready to meet your family's vision needs. Schedule an appointment at one of our offices in Dartmouth or Halifax today.

Meet our new partners!



Dr. Marni Denman

Dr. Marni Denman is originally from Halifax and was delighted to return to Nova Scotia and work for Family Vision Clinic at both their Halifax and Dartmouth locations.

Dr. Denman received her Honours Bachelor of Science Degree in Biology with a Minor in Mathematics from Mount Allison University in May, 2004 and was named to the Dean's List. Before attending Optometry school, Marni taught English, Mathematics, and Biology in South Korea while travelling for a year.



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Dr. Denman graduated from The New England College of Optometry in Boston, Massachusetts in 2009 with a Doctor of Optometry Degree. She was named to the Beta Sigma Kappa International Optometric Honor Society and was awarded the NECO Alumni Association Scholarship for academic excellence and community service.

As part of her internships, Dr. Denman worked at the East Boston Community Health Centre, the Newport Naval Eye Clinic, and the Bays Pines Veteran's Hospital in Florida. She had extensive training in the management of ocular disease including glaucoma, diabetic retinopathy, macular degeneration, and cataracts. She also spent 3 months working closely with a Contact Lens Specialist in Miami, Florida and attended a specialty lens course at the Johnson and Johnson facility in Jacksonville, Florida.

Marni enjoys playing soccer, skiing, family and travel time. She looks forward to seeing both new and returning patients!

Dr. Stephanie Blackmore



Dr. Stephanie Blackmore obtained a Bachelor of Science with a Major in Behavioural Neuroscience from Memorial University of Newfoundland in 2004. She continued her education abroad, completing the European Studies Program at MUN's Harlow campus located in Harlow, England. After her travels, Dr. Blackmore returned to Canada to obtain her Optometry Doctorate at the University of Waterloo, in Ontario, and graduated in 2009 after completing an ocular disease rotation in Louisville, Kentucky and Jeffersonville, Indiana. In her spare time, Dr. Blackmore enjoys weightlifting, running and reading. Dr. Blackmore is very happy to be living on the East Coast and is excited to be establishing roots at the Family Vision Clinic.

Dr. Rhett MacDonald



In 2001, Dr. Rhett MacDonald completed a residency program in Hospital-based and Primary Care Optometry at the Boston Veteran's Affairs Medical Center in Brockton, Massachusetts. During this time he worked closely with many vision-impaired veterans and gained experience in the diagnosis and treatment of glaucoma, macular degeneration, and diabetic eye disease. He also regularly administered low vision examinations and low vision aids.

After finishing his residency, Dr. MacDonald joined Empire Vision Centers in Syracuse, New York. He worked in the Syracuse area until December of 2005, at which time he moved home to Halifax to work with Family Vision Clinic in Dartmouth.

He recently became a board member of the Nova Scotia and PEI region of the Canadian National Institute for the Blind and looks forward to working closely with the community on issues of health and vision care.

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Thursday, April 25, 2013

Great Big Sea bring it 'home'



Great Big Sea is returning to the Metro Centre on Friday night. CONTRIBUTED

XX. Newfoundland band celebrates 20 years on road with a stop in Halifax



BACKSTAGE PASS
Jenna Conter
halifax@metronews.ca

Though originally from The Rock, Great Big Sea frontman Alan Doyle attributes much of his band's success to the ever-growing fan base here on the mainland.

"(Halifax) is our home

away from home," Doyle says.

"If you're in a band from Newfoundland, the most important city on earth isn't NYC, Toronto or L.A., it's Halifax.

"You have to have Halifax — it's a long way to go if Halifax doesn't like you."

Bringing it back "home" to celebrate 20 years on the road, the feeling is certainly mutual given that tickets have been selling very well for Friday night's concert at the Metro Centre. With what will be their biggest tour to date, Doyle remains humbled.

"To have an audience at all 20 years down the line makes me so proud — that's incred-

Quoted

"I'd like to think that it's primarily that our concerts have always been a fun night out for people. I think that's what people want from a GBS concert and that's what we want to do in our concerts — it's kind of become a mutual kind of love in."

Great Big Sea frontman Alan Doyle

ible that GBS is still growing — especially since the states have come along for us in the past little while," he explains. "And places like Halifax haven't forgotten about us."

Playing their first official gig in 1993, timing seemed to

be everything.

During a time when a lot of record companies were signing bands with fiddles, Great Big Sea stuck to their roots, with a moderate side step into rock 'n' roll.

"I think I even played elec-

tric guitar on stage for a few tunes — it was radical," he says.

Frankly, according to Doyle, avoiding trends was merely a symptom of what he hinted at as poor musicianship.

"We've always been kind of blessed by our own limitations," Doyle says. "We've never wanted to do a dance or a rap record — we don't know how to do any of that."

Though genuinely curious as to what a GBS rap album would sound like, XX, their 2-disc, 20th anniversary album highlights the original music and folk classics that have made them famous.

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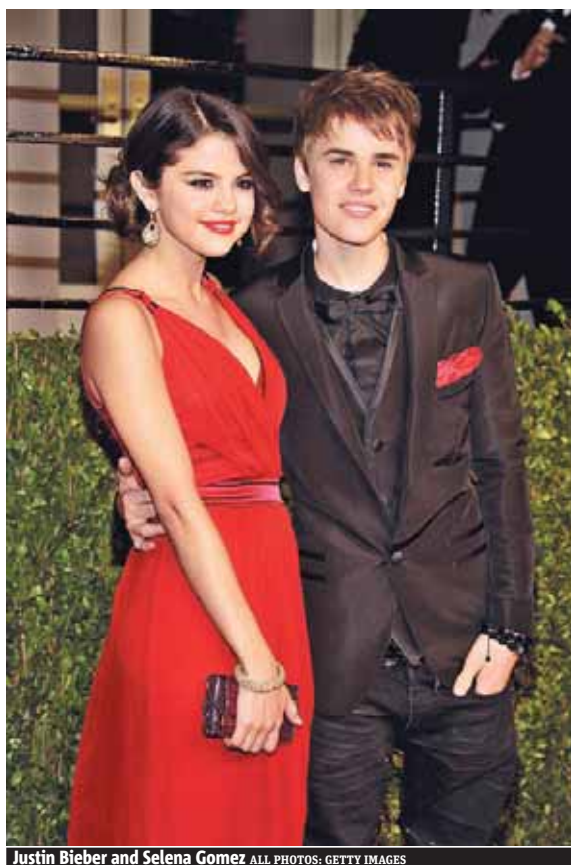
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Justin Bieber and Selena Gomez ALL PHOTOS: GETTY IMAGES

The one love for Justin and Selena?

Do Justin Bieber and Selena Gomez's make-out sessions during their reunion in Europe this week mean that the couple is back together? Maybe, maybe not, according to Us Weekly. "They have a crazy connection," a source close to Bieber says, but "they aren't back

together."

Another source says it's anyone's guess: "Who knows with them? They're always back and forth." If they are in fact back together, Bieber can take the credit, according to a Gomez pal: "Justin pursued Selena and she gave in," the source says.

METRO DISH

OUR TAKE ON THE WORLD OF CELEBRITIES

The Word



Sean Lowe is like a virgin, but not really



THE WORD
Dorothy Robinson
scene@metronews.ca

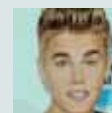
Nothing makes me roll my eyes harder than the phrase "born again virgin" unless it's a celebrity proclaiming, "We're going to be married forever!" As it turns out, Sean Lowe, who was known as the Virgin Bachelor on this season of The Bachelor for his insistence of not fornicating (again) until marriage, won't be sacrificed to the gods anytime soon. Two sources

confirm in the new issue of Life & Style that Sean did in fact sleep with his fiancée, Catherine Giudici, while the show was still airing. "Yes, they definitely had sex," a "Bachelor insider" reveals exclusively to Life & Style. "The first time was the night he proposed in Thailand."

A second source close to Catherine confirms the flings, saying, "Sean and Catherine have hooked up already. The whole born-again-virgin thing is a bunch of B.S. It's just something he made up for the show."

Wait. A network made up something on a reality TV show in order to get ratings? Stop blowing my mind!

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Dear @UsWeekly — I don't know why u feel the need to make up stories about me. I don't talk light fixtures.



Reese Witherspoon

Witherspoon's arrest not the end of the world, according to pal Chelsea

Everyone needs to calm down about Reese Witherspoon's disorderly conduct arrest, at least according to pal Chelsea Handler.

"She's doing

fine. She's doing fine, you know?" Handler tells Entertainment Tonight. "She was just trying to protect her husband. I mean, everybody makes mistakes, so it's not a big deal." Witherspoon's arrest came after she allegedly argued with an Atlanta-area police officer who had pulled over her husband, Jim Toth, for allegedly driving while intoxicated.

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You're about to go on tour with Pitbull. How do you keep on top of your beauty regimen on the road?

I could go for two days without a shower, but I always take care of my skin and my face. The rest of my life is chaos, but I'm pretty religious about that. I cleanse and moisturize all the time because I'm prone to having dry skin. I've also started putting a tiny, pea size amount of retinol in my night cream. It supposedly helps your skin exfoliate constantly.

In your song TiK ToK, you sing about brushing your teeth with a bottle of Jack. Are you the type to fall asleep with your makeup on?

Whisky isn't necessarily my first choice when it comes

to dental hygiene. I always wash my face. Sometimes I just leave the eyes because I like my makeup better the next morning, it looks naturally wild. It creates this sexy, smoky eye that I don't know how to create myself. It looks great.

Speaking of eyes, you seem to have a thing for glitter.

I cover myself in glitter! I pour it on the ground, lay in it and roll around. Then my glitter

roadie sprinkles it all over me. His job is to make sure every inch of my body is covered.

Is he a makeup artist?

No, he just has a beard.

Your hair. The waves, the cornrows, it must be high maintenance.

My hair is a constant battle. It's like the fifth member of my band. I have to keep it healthy. But it's a struggle when I'm bleaching and styling it con-

stantly. So I sleep in Kérastase Deep Conditioner, Bumble and Bumble Mending Conditioner or Moroccan Oil. When I don't have someone plucking and prodding my head, I tie it up in a messy bun.

You recently wrapped up filming your MTV documentary, Ke\$ha: My Crazy Beautiful Life. Did you keep on a full face of makeup throughout filming?

It's ridiculous ... you'll

see me with no makeup, no hair, no nothing. I'm running around without a bra on, looking so disheveled.

A lot of tabloids have made a big deal about your recent weight loss. Has fame changed you, physically?

Of course.

I have to be stricter with myself than I ever was before. When I train for my tour, it's like I'm training for an athletic event. Every morning when I wake up, I try to meditate and get in the right mental headspace in order to kick ass. With my first record, I didn't realize how many eyes would be on me. This time around I'm prepared.

ROMINA MCGUINNESS,
METRO WORLD NEWS

Inside Ke\$ha's makeup bag

Clarisonic Mia Sonic Skin Cleansing System

"This brush has changed my face. I use it twice a day with a glycolic cleanser." \$119, clarisonic.com.



Josie Maran Argan Oil

"After I've washed my face, I follow with this argan oil. It makes your face glow. But I don't go too crazy. I just mix in a couple of drops with whatever moisturizer." \$48 josiemarancosmetics.com.



Benefit Benetint Rose-Tinted Lip & Cheek Stain

"I love a shimmer or a stain. This one is amazing." \$30, benefit-cosmetics.com.



Benefit BADgal Lash Mascara

"When I'm just doing my day to day stuff I like to keep it light and let my skin breathe. I use an eyelash curler and this mascara, which makes my lashes look really thick." \$15, benefit-cosmetics.com.



Urban Decay Heavy Metal Glitter Eyeliner

"I'm the glitter queen, so I like to have some in my purse. I've even started making my own. One thing I like to keep in my bag, in case I'm not coming home before I go out, is glitter eyeliner in either gold, silver, pink or turquoise." \$18, urbandecay.com.



The style-conscious butler

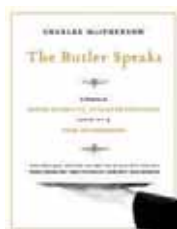
As a fan of *Downton Abbey*, I have fallen in love with those larger-than-life homes portrayed on the show. I may not ever get to live in one, but one can dream, can't he? But since I got a hold of *The Butler Speaks* (by Charles MacPherson, Random House) I've also taken on a whole new appreciation for the folks that live in the lower level of those big mansions. Knowing how to domestically survive in today's busy world is one of the most important things we can achieve. A well-run household (no matter how big or small) ensures a clean, orderly and, ultimately, stylish space. Here are a few basics to turn you into the perfect home butler. I think Charles The Butler would agree.



DESIGN CENTRE
Karl Lohnes
home@metronews.ca

The Butler Speaks

This is everything you never paid attention to while living at home: stylish entertaining, etiquette and the art of good housekeeping. Read this book and you will become the chicest domestic expert around. Written by Canada's domestic authority and world renown butler, Charles MacPherson. \$30, randomhouse.ca



Steam perfect

From tablecloths to cotton shirts, a compact steamer will keep most fabric items around the house looking smooth. Every styl-

ish walk-in has one, so why shouldn't you? Rowenta Pro Compact Steamer, \$70, sears.ca

Suck it up and get cleaning

This vacuum may be small, but it has the performance of a full-size machine, and is perfect for small spaces that still need a good cleaning once in a while. Its two-tier cyclone system helps to capture microscopic dust, mold and spores for the perfectly clean home. Dyson's DC51 Animal Upright, \$550, futureshop.ca



Tray chic in bed

Wanna serve breakfast in bed? Then do it right with a sturdy-handled tray made of renewable bamboo. Its folding legs make it convenient for storage. Natural Living Bamboo Breakfast Tray, \$25, sears.ca



Table protection

Perfect for use under your favourite tablecloth. It's made of heavy-weight vinyl to keep your dining table's surface top safe from heat and scratches. Hotel Deluxe Vinyl Table Pad, \$20 to \$45, bedbathandbeyond.ca



Silver glove service

Made of heavy-gage terry and treated with tarnish preventative, this glove makes polishing precious metals a breeze. Grannies' treasures never looked so good in such little time. Hagerty Silver Cleaning Gloves, \$20/pair, hagertycanada.ca



Before you buy your new home



SHERRY DONOVAN
Nova Scotia Home Builders' Association, Communications Director Sherry Donovan

Buying a new home is an extremely rewarding experience, but with it comes a lot of research and homework that is done during the whole building process.

One of the first steps is to find the right builder for your new home. This is one reason why reference checks

are so important, but often the most overlooked stage of the process. Checking references will help provide a better indication of the company's workmanship, level of professionalism, quality and ability to complete the home on time and budget.

"Checking references really should be a priority when it comes to buying a new home," says Paul Pettipas, chief executive officer of the Nova Scotia Home Builders' Association (NSHBA). "It is important to ask past clients about how the builder handled the project and any changes that arose in addition during the construction process."

A few questions to consider when checking references

include:

Did the builder complete the house on schedule/budget as per the written contract? If not, what were the reasons? It could be weather related or maybe changes were made to the contract once the house began. This would have an impact on the completion date of the home.

Were you able to openly communicate with the builder during construction? Communication is important to the success of your project. Did the builder answer questions effectively and in a timely manner?

Would the homeowner choose the same builder in the future? This question speaks to the customer's overall satisfac-

tion. If the answer is no, there may be further underlying reasons for their answer.

If the company you want to hire won't provide you with references, this should be a red flag in your decision making process.

If you are considering building or buying a new home, plan to attend the complimentary NSHBA Consumer Protection Sessions taking place on Tuesday, April 30 from 6:30 pm - 10:00 pm at the NSHBA office located at 124 Chain Lake Drive, Unit B to learn great tips and to help save you money and provide you the opportunity to talk to the professionals. Visit www.nshomebuilders.ca to register, or phone 450-5554.

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Rhubarb balances sweetness in pork

An import from England, rhubarb was known in 19th century America as “the pie plant” because that was where it usually ended up. But rhubarb’s acidity makes it a great addition to savoury dishes, too.

On the shelf in your grocery store, rhubarb looks a lot like celery, except that it’s usually a fetching reddish-purple in colour. It comes in long, slender stalks, with strings running from top to bottom. To eliminate the toughness of the strings,

Ingredients

- 2 pork tenderloins, trimmed of fat
- Kosher salt and ground black pepper
- 2 tbsp extra-virgin olive oil, divided
- 2 cups thinly sliced rhubarb
- 2 tsp sugar
- 2 tbsp minced shallot
- 1/2 tsp minced garlic
- 1 cup orange juice
- 2 tsp water
- 1 tsp cornstarch
- 2 tsp Dijon mustard
- Chopped fresh chives, to garnish



This recipe serves six. MATTHEW MEAD/ THE ASSOCIATED PRESS

some cooks peel their rhubarb before cooking. You can deal with the issue by thinly slicing the stalks across the grain of the strings.

Given its high water content, turning rhubarb into a sauce requires little more than cooking it. It breaks down quickly and becomes nice and thick. In this recipe, it needed

some counter-balancing sweetness, so adding a splash of fresh orange juice does the trick.

As for the cut of pork on which we ladle this sauce, go with the tenderloin instead of its neighbour, the loin. Both are lean, but they call it the tenderloin, after all, for a reason. However, this isn’t to say it won’t turn out tough and dry if you

overcook it, so be sure to keep your eye on the cooking time.

1. Trim off thin end piece of each tenderloin, cutting off about 3-inch section. Slice remaining portion of each tenderloin crosswise into 3/4-inch rounds. You should end up with about 18 pieces, including 2 thin sections cut from the ends.

Season pork on all sides with salt and pepper.

2. In skillet over medium-high, heat 1 tablespoon of oil. Working in batches, add pork to skillet. Cook, turning to brown on all sides, for about 4 to 5 minutes, or until the pork is just pink at the centre (about 145 F). Transfer the pork to a plate, cover with foil and let it rest while you prepare the sauce.

3. Return skillet to heat and add remaining tablespoon of oil, rhubarb and sugar. Sauté 2 minutes. Add shallots and garlic and cook, stirring, for another minute. Add the orange juice and simmer for 2 minutes.

4. In bowl, whisk water and cornstarch, then add to simmering broth in stream, whisking. Return sauce to boil, then whisk in mustard and any juices that have collected on the plate from the pork.

5. To serve, divide pork between 6 plates, then top with some sauce. Garnish with chives. **THE ASSOCIATED PRESS/ SARA MOULTON, AUTHOR OF SARA MOULTON'S EVERYDAY FAMILY DINNERS**

For your phone

Baking With Dorie! (iPhone; Free Trial/\$9.99)



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Sausage and spring greens enhance penne



This recipe serves four. MATTHEW MEAD/ THE ASSOCIATED PRESS

1. Bring pot of salted water to a boil. Add the pasta and cook for a few minutes less than the recommended time on the box.

2. Meanwhile, cut off and reserve Swiss chard stems. Chop Swiss chard leaves coarsely. Cut the stems into 1/2-inch lengths.

3. In skillet over medium-high, heat oil. Add sausages and cook, stirring, 3 minutes, or until browned. Use slotted spoon to transfer sausages to a bowl.

4. Return skillet to medium heat and add onion. Cook until golden, 5 minutes. Add garlic and cook, stirring, for 1 minute.

5. Add Swiss chard stems to skillet, cover and cook 3 minutes. Remove lid and add half Swiss chard greens. Stir and cook, stirring occasionally, until greens are slightly wilted. Add remaining greens, cover and cook, stirring occasionally, until completely wilted. Add tomatos, hefty pinch of salt and

the red pepper flakes, if using.

6. When the pasta is almost done but not quite al dente, drain it, reserving 1 cup of the cooking liquid. Add pasta and 3/4 cup of the cooking liquid to skillet and simmer 4 minutes, adding more cooking liquid if necessary, until pasta is al dente

and most liquid has evaporated. Add sausages, then season with salt. Divide mix among 4 shallow bowls and top each portion with some cheese.

THE ASSOCIATED PRESS/ SARA MOULTON, AUTHOR OF THREE COOKBOOKS, INCLUDING SARA MOULTON'S EVERYDAY FAMILY DINNERS.

Ingredients

- 8 oz whole-wheat penne
- 1 lb Swiss chard
- 2 tbsp extra-virgin olive oil
- 4 oz sausages, halved length wise, then sliced 1/2-inch-thick crosswise
- 1/2 cup finely chopped yellow onion
- 2 cloves garlic, minced
- 15-oz can (about 1 3/4 cups) chopped tomatoes, preferably fire roasted
- Kosher salt
- 1/2 tsp red pepper flakes (optional)
- 1 1/2 oz grated Parmigiano-Reggiano cheese

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HOUSE & HOME

Thursday, April 25, 2013



Focus on removing tripping hazards when making a home more senior friendly. Also, some changes will be inexpensive, while others can be costly. ISTOCKPHOTO/THINKSTOCK

Making a home more senior friendly

**RICHARD
WOODBURY**
For Metro

The discussion around how to make one's home more accessible for seniors often revolves around the inside of the house, but part of that discussion needs to involve the outside of a home.

For example, if there are stairs leading to the door,

there should also be railings on both sides. As well, if there's a driveway, people will want to look at what kind of driveway they have. A paved driveway will provide greater stability than a gravel one.

Inside the home, there are many things people can do to make the home more senior friendly (and many aren't particularly costly).

For example, reducing clutter,

getting rid of mats and other obstacles will all help reduce tripping hazards in the home and won't cost anything.

Having good lighting in the home is a must, but this can be a challenge. Because seniors are thrifty, they will often turn off more lights than they perhaps should, says Barbara Adams, the clinical director of PhysioCare at Home, a private home-care physiotherapy agency.

“The thing is, when it gets darker, they become measurably less safe,” she says, noting that vision plays an important role in balance.

In the bedroom, seniors should consider installing an M-rail. This device is secured between the box spring and mattress and provides support to get in and out of bed.

In the kitchen, people will want to move heavy items to lower locations from higher locations.

“I tell everyone — move everything down,” says Adams.

Unfortunately, some changes will be costly. One good idea is to have the laundry room on the same level as one's bedroom. Otherwise, seniors will have to carry laundry

up and down stairs and this may not be a wise idea as the stairs already present enough of a tripping hazard.

It's also wise to have a bathroom on the main level (and a powder room will do the trick). Otherwise, this can cause seniors to rush to the bathroom, thereby creating a potential trip hazard from rushing when trying to get up or down stairs.

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For Metro

According to Health Canada, nearly half of all injuries among seniors happen at home. Not surprisingly, the bathroom is a particularly dangerous spot.

"When you're in your bathroom, you're getting up, you're getting down," says

Dorinda MacIsaac, a registered nurse and the owner of Safety Options for Seniors (SOS), a company that sells bath and shower safety products. "These things are where accidents can happen."

Given that poor balance and decreased strength can affect seniors, this can make navigating a bathroom particularly tricky. As well, bathroom surfaces are slippery

and very hard. This combination of factors means people need to place a priority on making changes to the bathroom to make it senior friendly.

"Having the ability to stabilize yourself is one of the biggest issues," MacIsaac says.

For this reason, people should install grab bars by the toilet and in the tub to help them get up and down.

When installing grab bars, it's crucial they be installed specific to the needs of the people who will be using them. To help determine how this should be set up, it's a good idea to have a trained professional, such as an occupational therapist, assess what needs to be done.

Other options for making a bathroom more senior friendly include using a rubber bath mat for the tub and

shower.

As well, people may want to raise the height of their toilet. This can be done by replacing the toilet altogether, but a cheaper option is to install a lift under the toilet to raise its height by around three inches.

One last important consideration has to do with the tub. Possible options include

installing a shower seat so they can sit down.

Where getting in and out of the tub can be a challenge, people may want to replace the tub with a walk-in one. However, this can be a costly option. A cheaper alternative SOS offers is to lower the entry point to the tub. This is done by opening the side wall of the tub and installing an insert to cover it.

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Grants and loans are available

With 1,000 people turning 65 every month in Nova Scotia, this means many Nova Scotians will find themselves evaluating their housing options in the years to come.

Traditionally, seniors have had a hard time knowing about the programs that help make it easier for them to stay in their homes, says Bill VanGorder, the volunteer president of the Nova Scotia chapter of CARP (Canadian Association of Retired Persons).

"We often find seniors just often aren't aware," he says. "In some cases, there are actually provincial programs in place through the Department of Seniors that the seniors don't even know about."

With 211, it is now easier than ever to learn about what programs exist.

"That is an incredible service," says Denise Peterson-Rafuse, the minister of seniors, as well as community services. "You dial 211, you explain to the operator what your needs are, what you are looking for and that person will be able to send you in the right direction."

She says it's important to have programs in place that help seniors stay in their homes as long as they wish because homes are places of comfort, peace and family.

"It makes for healthy, more vibrant communities," Peterson-Rafuse says.

Some examples of the different programs offered by the provincial government include the Senior Citizens Assistance Program, which provides grants of up to \$6,500 to seniors "to carry out emergency, health and safety-related repairs to their



It's sometimes as easy as picking up a phone to find out if you are eligible for a grant when renovating your home. ISTOCKPHOTO/THINKSTOCK

homes," says a brochure describing the different housing repair options for lower-income seniors.

Under the province's Access-A-Home-Program, grants of up to \$5,000 are provided to help homeowners make their homes more wheelchair accessible. This money could be used for the installation of a ramp, but could also cover things like widening doorways and hallways.

The province's Home Adap-

tations for Seniors' Independence program provides assistance of up to \$3,500 to homeowners and renters to implement adaptations that extend how long seniors can live in their homes.

For financing, the Small Loans Assistance Program provides homeowners with low-interest loans for home renovations, additions or repairs. The maximum financing limit is \$20,000.

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On the move

Reasons. Research says the average Canadian will move four times after the age of 65

RICHARD WOODBURY
For Metro

While most people would be content to stay in one place as they age, the reality is that Canadians will move four times on average after the age of 65.

The reasons behind why people move vary, but there tends to be four kinds of moves that people make, says Don Shiner, a Mount Saint Vincent University professor who is an expert on the housing needs of Atlantic Canada's aging population.

The first type of move is to downsize, Shiner says. This may involve moving to a condo, a one-level apartment or even a smaller home.

A second move occurs when people have trouble going up and down stairs or have difficulties with meal preparation.

"When that health issue

becomes important, they start looking for assisted living," Shiner says.

He says the technical definition of assisted living is a facility that provides support in the activities of everyday living.

Assisted living isn't for everybody. In Nova Scotia, the average cost for assisted living is a little more than \$3,000 per month, which therefore makes it cost-prohibitive for many seniors.

Another type of move is when people seek out "naturally-occurring retirement communities," Shiner says. This is when people will seek out an apartment that is filled with seniors, but doesn't offer any services. People are attracted to this housing option because they feel comfortable in being surrounded by other people who are like them.

The final option occurs when a person's health de-



Research has shown that the benefits of aging in your own home include a feeling of independence and control. ISTOCKPHOTO/THINKSTOCK

teriorates significantly and they move into a nursing home.

"Research tells us that 44 per cent of them will suffer a severe mental depression

within three months of entering," Shiner says.

His research has led him to one conclusion. "Stay in your home, in the communities where you have friends

for as long as possible."

Shiner's research has found "the benefits of aging in place include a feeling of independence and control, safety and security, the abil-

ity to be near family, having familiarity with their surroundings," says a 2010 report on seniors' housing for which he served as the principal investigator.

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Think about your future needs

Renovations. There a number of simple and inexpensive projects that can transform your home

RICHARD WOODBURY
For Metro

The ideal time to make one's home more senior friendly is long before it needs to be. For that reason, when people are having renovations done, they should be thinking about their future needs since this is a great way of killing two birds with one stone.

Regardless, there are many simple renovations people can have done to make their home more conducive to senior living, says Jean Lula, a certified aging-in-place specialist with Haus of Lula, a design and general contracting firm.

One example is the placement of light switches. Generally, these are measured 48 inches off the ground and then located on top of the 48-inch mark. Lula suggests placing the switches on the lower side of the 48-inch mark.

Contractors

"I think a lot of seniors don't do their research in terms of checking out references."

Jean Lula, a certified aging-in-place specialist with Haus of Lula, a design and general contracting firm

The placement of electrical plugs should be another consideration. They are usually located 18 inches off the ground. Lula suggests placing them at 24 inches.

Changing the knobs on doors to lever-style handles is also a great idea since these are easier for seniors to use.

"These are very, very simple modifications," Lula says.

For seniors looking to hire a contractor, a good starting point is to get names of different renovators from the website (nshomebuilders.ca) of the

Nova Scotia Home Builders' Association (NSHBA). Members are required to adopt NSHBA's code of ethics "and are committed to fairness, integrity and customer satisfaction," the website says.

Other ways of finding a contractor include asking friends, family and co-workers for recommendations.

Once you have names of contractors, you will want to interview them. This process should include getting references, following up on those references and checking out past examples of their work.

Lula cautions that following up on references is especially crucial.

"I think a lot of seniors don't do their research in terms of checking out references," she says, noting they will rely on their impression of the contractor.

Some things people should look for in a contractor include selecting one who offers a clear, written warranty and also has valid business liability insurance and workers' compensation coverage.



There are many simple renovations people can have done to make their home more conducive to senior living.

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Scouting

MacKinnon, Drouin to go into NHL draft ranked in top 3

Nathan MacKinnon and Jonathan Drouin will go into this year's NHL draft ranked in the top 3 for North American skaters.

NHL Central Scouting released its final rankings for the 2013 NHL draft on Wednesday and MacKinnon came in at No. 2, followed by Drouin at No. 3.

Both Halifax Mooseheads are behind defence-man Seth Jones of the Portland Winterhawks, but it appears not much is separating the three junior stars.

"Nate MacKinnon is a right-handed centreman that can play in any area of the ice," Central Scouting's David Gregory said on NHL.com. "With the way he thinks the game, there would seem to be a huge ceiling for this kid and what he can become."

"Drouin couldn't have done anything more to push the envelope against MacKinnon and Seth Jones, so that's as tight a gap as you'll ever get between first and third. If you're picking No. 1, 2 or 3, you're a happy team."

The other Mooseheads skaters to make the North American list are defence-man Matthew Murphy, who comes in at No. 114, and blue-liner MacKenzie Weegar at 164.

Mooseheads netminder Zach Fucale remains the top-ranked goaltender in North America.

The NHL draft goes June 30 at Prudential Center in Newark, N.J.

PHILIP CROUCHER/METRO

QMJHL playoffs

Armada pull even with Drakkar on strength of Ouellet hat trick

The other QMJHL semifinal series is now all even.

Xavier Ouellet scored three goals, including the go-ahead marker in the third period, as the Blainville-Boisbriand Armada downed the visiting Baie-Comeau Drakkar 4-3 on Wednesday night to even the best-of-seven series 2-2.

Game 5 goes Friday in Baie-Comeau. **METRO**



Halifax Mooseheads Dominic Beauchemin, left, and Brian Lovell battle for positioning during Wednesday's optional team skate in Rouyn-Noranda.
ANDREW RANKIN/METRO

Lesser-knowns crave more playoff hockey

Mooseheads. Lovell, Beauchemin accept roles, stay prepared



ANDREW RANKIN

andrew.rankin@metronews.ca

Two QMJHL seasons separate Dominic Beauchemin and Brian Lovell, but the Halifax Mooseheads teammates find themselves after the same thing — more ice time.

After Trey Lewis went down with the flu, Lovell, the 18-year-old rookie defence-man, was inserted into the lineup in Tuesday's Game 3 of their seminal matchup against

Quoted

"When you're in the playoffs, the motivation is not too hard to find, being with the best team country."

Dominic Beauchemin

Rouyn-Noranda.

Though the blue-liner had played in two previous games in Round 1 against Saint John, it was his first real taste of pressure-packed playoff hockey. Though used sparingly, the experience left him wanting more.

"It was crazy, it was the most intense hockey I've ever been a part of, the crowd was going wild," said Lovell. "If you're a hockey player you

want to play in the playoffs."

Conversely, there's Beauchemin, who has suited up in all of the Mooseheads' playoff games, picking up a goal and an assist. But in the team's latest round, especially during the last two overtime games, shifts have been few and far between. Relied on for his tenacity and willingness to take on any role, Beauchemin is hungry for more but understands the situation.

"I think I've had a lot

of good shifts so far," said Beauchemin. "I just have to be ready. It will happen, I'm just trying to make a little difference, being physical or putting shots on net."

Beauchemin was the only Mooseheads regular to join Lovell and the Herd's handful of other reserve players at Wednesday's optional skate.

"I love to be the first on the ice — I'm not playing very often," he said.

Lovell couldn't agree more. "It's the playoffs. I'm out there just keeping my legs moving, keep myself sharp in case I'm called on."

"Playing in the semifinal — it's got me pumped up. We'll see what happens."

Herd hoping moment is right for sweep

As much as anyone on the Halifax Mooseheads, Konrad Abeltshauser would love to sweep the Rouyn-Noranda Huskies on Thursday night.

But the Mooseheads work-horse defenceman refuses to think that far ahead.

With the Herd up 3-0 in their best-of-seven series, he's

sure his teammates are on the same wavelength.

He points to his team T-shirt, which bears three words in big, bold white letters that surround the team logo: "Create the Moment."

"Our focus is one shift at a time. That's why we're successful," he said. "We're creat-

ing the moment and trying to play in the moment. We live in the moment and not in the past, where we might have made mistakes, or the future."

Regardless of Game 4's outcome, he's sure of one thing: "We'll all chip in. We don't have anyone who's not giving it 100 per cent, that's what it

Undefeated

11-0

Halifax's record in this year's playoffs.

takes to win."

ANDREW RANKIN/METRO

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4-SPORTS

Blue Jays edge the O's in finale

Extra innings.

Toronto scores winning run in 11th after Johnson fails to find the strike zone

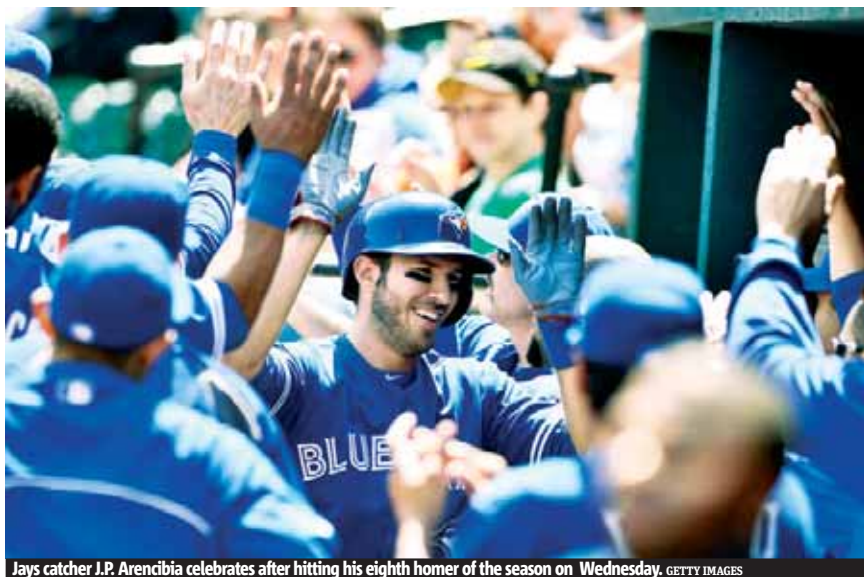
The Toronto Blue Jays bashed four home runs, then scored the decisive run without taking a swing.

Jim Johnson walked Maicer Izturis with the bases loaded in the 11th inning, and the Blue Jays beat the Orioles 6-5 on Wednesday to avert a three-game sweep and end Baltimore's run of consecutive extra-inning victories at 17.

"It would have been a tough game to lose. It was a big game to win," said Toronto manager John Gibbons, who was ejected in the ninth inning after his team blew a 5-2 lead in the seventh.

With two outs in the 11th, J.P. Arencibia and Munenori Kawasaki singled before Johnson (1-2) hit Brett Lawrie with a pitch and issued a four-pitch walk to Izturis, the No. 9 hitter in the lineup.

"I just had a hard time



Jays catcher J.P. Arencibia celebrates after hitting his eighth homer of the season on Wednesday. GETTY IMAGES

throwing a strike," Johnson said. "Kind of lost feel, and obviously that's a terrible way to lose a game."

Izturis said, "I just tried to look for a pitch and drive it up the middle. But he threw high fastballs, so on 2-0 I tried to be patient and make him throw strikes."

That didn't happen, and the last-place Blue Jays got out of town with a much-needed win.

"When you are struggling as a team and you have a lead and it evaporates, it's hard," Gibbons said. "We haven't played great baseball, but we haven't been swept."

three earned runs and three hits — all of them doubles — in 6 1/3 innings.

Gibbons didn't go the distance, either. He received his first ejection of the year after resuming an argument started by Lawrie over a called third strike.

"Basically, I was going out there to keep him from being thrown out," the manager said.

The Orioles got a first-inning run when McLouth hit a leadoff double and scored on a two-out double by Adam Jones, who improved to 12 for 29 (.414) with 10 RBIs against Morrow.

Stinson retired the first four batters he faced before walking Melky Cabrera. Arencibia followed with a shot to centre for his fifth home run in the last 10 games.

Davis made it 3-1 in the third with his first homer in 42 at-bats this season. The Orioles got an unearned run in the bottom half after a throwing error by Lawrie from third base.

Encarnacion hit his second homer in two games in the fourth, and Bautista connected in the sixth to make it 5-2.

THE ASSOCIATED PRESS

Hot streak

Ortiz hasn't missed a step since return

Big Papi almost looks as if he never missed all that time.

David Ortiz had two hits and drove in a run, Stephen Drew hit a two-run triple, and the Boston Red Sox beat the Oakland Athletics 6-5 on Wednesday afternoon to take a three-game series.

"When you consider eight months down and I don't know how many at-bats he's had, 15 or so, and you consider the number of hits he's compiled, it is impressive," Red Sox manager John Farrell said. "He's pretty amazing to watch and he's run the bases well. There's no issues as far as his intensity as well — as he's run with. He's really given us a lift in the middle of the order."

It was Boston's ninth win in 12 games and came after a 13-0 loss to Oakland a night earlier. Ortiz is 8 for 16 since returning to the lineup on Saturday for the first time since last August. THE ASSOCIATED PRESS

NBA playoffs

George helps lift Pacers to 2-0 lead

Paul George followed his triple-double by scoring a playoff career-high 27 points to lead Indiana past Atlanta 113-98 on Wednesday night.

The Pacers lead the best-of-seven first-round series 2-0 and have won four straight home games over the Hawks. It's the first time Indiana has held a 2-0 series lead since the 2004 Eastern Conference semifinals.

George, playing in his first game since being named the league's Most Improved Player, was 11 of 21 from the field, had eight rebounds, three assists and four steals and again played well defensively. George Hill had 22 points.

Atlanta was led by Devin Harris with 17 points. Jeff Teague and Josh Smith both had 16. The Hawks head home for Game 3 on Saturday.

The Hawks did play with more passion after being chastised by coach Larry Drew for not playing through calls and getting "manhandled" by the Pacers in Game 1.

THE ASSOCIATED PRESS

Leafs fall to Lightning. St. Louis strikes three times for scoring lead

Martin St. Louis scored three goals and the Tampa Bay Lightning snapped a six-game losing streak with a 5-2 victory over the Toronto Maple Leafs on Wednesday night.

St. Louis, who has 16 goals this season, took over the lead in the NHL scoring race, with 58 points — two more than teammate Steven Stamkos and injured Pittsburgh Penguins forward Sidney Crosby.

Stamkos scored his 29th goal, two behind NHL-leading Alex Ovechkin of Washington, and added an assist.

With 55 points, Toronto is one point ahead of the New York Islanders for fifth place in the Eastern Conference. Both teams, who have already clinched playoff berths, have two games remaining.

St. Louis' goal in the second period was a wrist shot off a slick pass from behind the net by Nate Thompson to give the Lightning a 2-1 lead.

In the third period, with the Lightning leading 3-2, St. Louis got to a rebound of Keith Aulie's slapshot off the boards and slipped the puck past goalie James Reimer. St. Louis completed his hat trick with an empty-net goal with



St. Louis (right) leads the league in scoring, with 58 points. CHRIS O'MEARA/THE ASSOCIATED PRESS

2:49 left in the game.

Toronto took a 1-0 lead with 2:57 remaining in the first period when Phil Kessel pushed a wrist shot past goalie Ben Bishop. Tampa Bay tied it in the second period when Stamkos took an open-ice pass from Thompson and slipped a backhanded shot past Reimer. Joffrey Lupul scored for Toronto with 24 seconds remaining in the second to tie it again.

Radko Gudas' third-period goal, a slapshot that went over Reimer's shoulder, gave the Lightning a 3-2 lead.

THE ASSOCIATED PRESS

NBA PLAYOFFS

CONFERENCE QUARTER-FINALS

(Best-of-7 series)

EASTERN CONFERENCE

MIAMI (1) VS MILWAUKEE (8)

(Miami leads 2-0)

Tuesday's result

Miami 98 Milwaukee 86

Thursday's game

Miami at Milwaukee, 7 p.m.

NEW YORK (2) VS BOSTON (7)

(New York leads 2-0)

Tuesday's result

New York 87 Boston 71

Friday's game

New York at Boston, 8 p.m.

INDIANA (3) VS ATLANTA (6)

(Indiana leads 2-0)

Wednesday's result

Indiana 113 Atlanta 98

BROOKLYN (4) VS CHICAGO (5)

(Series tied 1-1)

Thursday's game

Brooklyn at Chicago, 8:30 p.m.

WESTERN CONFERENCE

OKLAHOMA CITY (1) VS HOUSTON (8)

(Oklahoma City leads 2-0)

Wednesday's result

Oklahoma City 105 Houston 102

SAN ANTONIO (1) VS L.A. LAKERS (7)

(San Antonio leads 2-0)

Wednesday's result

San Antonio 102 L.A. Lakers 91

DENVER (3) VS GOLDEN STATE (6)

(Series tied 1-1)

Tuesday's result

Golden State 131 Denver 117

Friday's game

Denver at Golden State, 10:30 p.m.

L.A. CLIPPERS (4) VS MEMPHIS (5)

(L.A. leads 2-0)

Thursday's game

L.A. Clippers at Memphis, 9:30 p.m.

NHL

EASTERN CONFERENCE

| | GP | W | L | OL | SL | GF | GA | Pt |
|----------------|----|----|----|----|----|-----|-----|----|
| dx-Pittsburgh | 46 | 35 | 11 | 0 | 0 | 155 | 113 | 70 |
| dx-Boston | 45 | 27 | 13 | 2 | 3 | 125 | 102 | 59 |
| dx-Washington | 46 | 26 | 18 | 2 | 0 | 145 | 126 | 54 |
| x-Montreal | 46 | 27 | 14 | 3 | 2 | 141 | 123 | 59 |
| x-Toronto | 46 | 25 | 16 | 0 | 5 | 140 | 129 | 55 |
| x-NY Islanders | 46 | 24 | 16 | 4 | 2 | 137 | 135 | 54 |
| Ottawa | 45 | 23 | 16 | 2 | 4 | 109 | 99 | 52 |
| NY Rangers | 46 | 24 | 18 | 0 | 4 | 122 | 109 | 52 |
| Winnipeg | 47 | 24 | 20 | 0 | 3 | 126 | 140 | 51 |
| New Jersey | 46 | 18 | 18 | 3 | 7 | 109 | 123 | 46 |
| Buffalo | 47 | 20 | 21 | 2 | 4 | 123 | 142 | 46 |
| Philadelphia | 46 | 21 | 22 | 1 | 2 | 129 | 139 | 45 |
| Carolina | 46 | 19 | 24 | 2 | 1 | 122 | 148 | 41 |
| Tampa Bay | 46 | 18 | 24 | 1 | 3 | 145 | 143 | 40 |
| Florida | 46 | 14 | 26 | 5 | 1 | 107 | 164 | 34 |

WESTERN CONFERENCE

| | GP | W | L | OL | SL | GF | GA | Pt |
|--------------|----|----|----|----|----|-----|-----|----|
| dx-Chicago | 46 | 35 | 6 | 0 | 5 | 151 | 98 | 75 |
| dx-Anaheim | 46 | 29 | 11 | 3 | 3 | 134 | 112 | 64 |
| dx-Vancouver | 46 | 26 | 13 | 1 | 6 | 124 | 111 | 59 |
| x-San Jose | 46 | 25 | 14 | 3 | 4 | 121 | 111 | 57 |
| x-St. Louis | 47 | 26 | 16 | 1 | 4 | 130 | 116 | 57 |
| x-St. Louis | 46 | 27 | 17 | 1 | 1 | 122 | 113 | 56 |
| Minnesota | 46 | 25 | 18 | 1 | 2 | 118 | 120 | 53 |
| Detroit | 46 | 22 | 16 | 3 | 5 | 116 | 113 | 52 |
| Columbus | 46 | 22 | 17 | 3 | 4 | 114 | 117 | 51 |
| Dallas | 46 | 22 | 20 | 3 | 1 | 129 | 136 | 48 |
| Phoenix | 45 | 19 | 18 | 3 | 5 | 114 | 122 | 46 |
| Calgary | 46 | 19 | 23 | 1 | 3 | 126 | 153 | 42 |
| Edmonton | 46 | 17 | 22 | 4 | 3 | 112 | 131 | 41 |
| Nashville | 46 | 16 | 21 | 3 | 6 | 108 | 131 | 41 |
| Colorado | 46 | 15 | 24 | 5 | 2 | 110 | 145 | 37 |

x - clinched playoff berth; y - division; z - conference.

Wednesday's results

Tampa Bay 5 Toronto 2

Chicago 4 Edmonton 1

Detroit 3 Los Angeles 1

San Jose at Phoenix

Thursday's games

All times Eastern

Ottawa at Washington, 7 p.m.

NY Rangers at Carolina, 7 p.m.

NY Islanders at Philadelphia, 7 p.m.

Toronto at Florida, 7:30 p.m.

Pittsburgh at New Jersey, 7:30 p.m.

Nashville at Detroit, 7:30 p.m.

Tampa Bay at Boston, 7:30 p.m.

Montreal at Winnipeg, 8 p.m.

Calgary at St. Louis, 8 p.m.

Columbus at Dallas, 8:30 p.m.

Anaheim at Vancouver, 10 p.m.

MLB

AMERICAN LEAGUE

| EAST DIVISION | | | | |
|------------------|----|----|------|----|
| | W | L | Pct | GB |
| Boston | 14 | 7 | .667 | — |
| Baltimore | 12 | 9 | .571 | 2 |
| New York | 11 | 9 | .550 | 2½ |
| Tampa Bay | 10 | 11 | .476 | 4 |
| Toronto | 9 | 13 | .409 | 5½ |
| CENTRAL DIVISION | | | | |
| | W | L | Pct | GB |
| Kansas City | 10 | 8 | .556 | — |
| Minnesota | 9 | 8 | .529 | ½ |
| Detroit | 10 | 9 | .526 | ½ |
| Cleveland | 8 | 11 | .421 | 2½ |
| Chicago | 8 | 12 | .400 | 3 |

| WEST DIVISION | | | | |
|---------------|----|----|------|----|
| | W | L | Pct | GB |
| Texas | 13 | 7 | .650 | — |
| Oakland | 13 | 9 | .591 | 1 |
| Los Angeles | 8 | 11 | .421 | 4½ |
| Seattle | 8 | 15 | .348 | 6½ |
| Houston | 7 | 14 | .333 | 6½ |

Wednesday's results

Toronto 6 Baltimore 5 (11 inn.)

Tampa Bay 3 N.Y. Yankees 0

Chicago White Sox 3 Cleveland 2

Houston 10 Seattle 3

Boston 6 Oakland 5

Detroit 7 Kansas City 5

Texas at L.A. Angels

Tuesday's results

Baltimore 4 Toronto 3

Oakland 13 Boston 0 (7 inn.)

Minnesota 4-5 Miami 3-8

Houston 3 Seattle 2

L.A. Angels 5 Texas 4 (11 inn.)

N.Y. Yankees 4 Tampa Bay 3

Cleveland at Chicago White Sox, ppd.

Kansas City at Detroit, ppd.

NATIONAL LEAGUE

Wednesday's results

N.Y. Mets 7 L.A. Dodgers 3 (10 inn.)

Cincinnati 1 Chicago Cubs 0

St. Louis 4 Washington 2

Arizona 3 San Francisco 2 (10 inn.)

Colorado 6 Atlanta 5 (12 inn.)

Pittsburgh 5 Philadelphia 3

Milwaukee at San Diego

Horoscopes

Aries

March 21 - April 20

You won't miss a thing that goes on today and every piece of information will be filed away for future use. Knowledge is power and you can never have too much of it. You won't abuse it though, right?

Taurus

April 21 - May 21

You may not know what you have done to deserve so much good fortune but you would be a fool not to make use of it. Someone will try to make you feel guilty about it today. Don't let them.

Gemini

May 22 - June 21

Resist the urge to point out others' faults and failings today. Keep your opinions to yourself and keep facts and figures that could cause relationship problems to yourself as well.

Cancer

June 22 - July 23

You may wish you were some place else than where you are right now but you can still have a lot of fun. Make an effort to enjoy yourself over the next 24 hours — and bring joy to other people as well.

Leo

July 24 - Aug. 23

What you discover about a loved one today may come as a bit of a shock but the signs have been there for ages. You may not agree with what they are doing but give them your support anyway.

Virgo

Aug. 24 - Sept. 23

There is no point clinging to an outdated way of doing things and if you think you can, the lunar eclipse will make things tough for you.

Libra

Sept. 24 - Oct. 23

If you want people to support what you are going to be doing then you must explain to them, in as simple language as possible, what it's all about.

Scorpio

Oct. 24 - Nov. 22

Today's lunar eclipse in your sign could cause a bit of trouble, but only if you allow your emotions to carry you away. Whatever happens, be it "good" or be it "bad", treat it all as part of the game.

Sagittarius

Nov. 23 - Dec. 21

It's not like you to let fear hold you back but for some reason unable to move forward or back. This troubling phase will pass. You'll soon be back to your cheerful self.

Capricorn

Dec. 22 - Jan. 20

Friendships are under good stars at the moment but there is a danger today that a small misunderstanding could grow into something much bigger. Whatever you see or hear, don't take it too seriously.

Aquarius

Jan. 21 - Feb. 19

Today's rather intense cosmic activity means the changes now taking place may not be entirely to your liking. That's too bad. You won't be able to change them back, so why not just go along for the ride?

Pisces

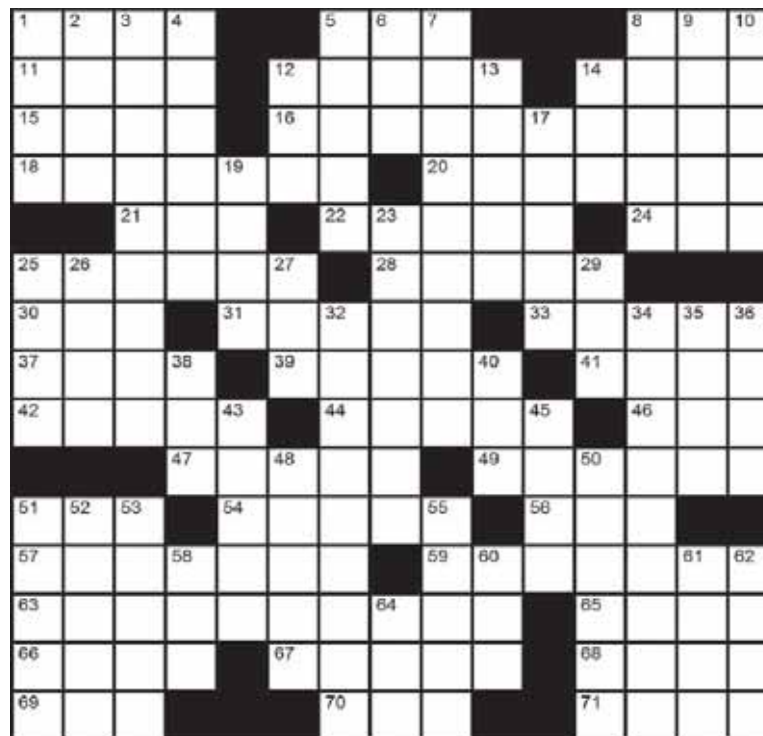
Feb. 20 - March 20

There is so much information coming your way now that it threatens to drown you in facts and figures that all point in different directions. Follow your instincts. They're seldom wrong. SALLY BROMPTON

Crossword: Canada Across and Down

Across

- Experiment-conducting spots
- Jam container
- ___ Jones
- Wings, to Nero
- Belonging to Italy's capital
- "...___ ring on it." - Beyonce
- Assist
- "I Will Give You Everything" band
- Say again
- Edmonton-born politician Mr. Manning
- Summer mo.
- Rent again
- "Comp" completer (Be 'green')
- Gymnastics 'Horse'
- "Quo ___?" (Latin: Where are you going?)
- Television alien
- Mr. Studdard
- Shore sights
- "___ it!" (Yay me!)
- Remedies
- Dorothy's dog
- Mr. Hough, pro dancer on "Dancing with the Stars"
- Heads: French
- "Platoon" (1986) war, for short
- "The ___ of Life"
- The Arctic ___
- "What ___," chopped liver?"
- W. ___ Wilson



(Canadian entrepreneur who is part owner of the NHL's Nashville Predators)

56. Sixth music syllable, variantly

57. Paint coating

59. Quaker product

63. North ___ (Birthplace of #54-Across)

- ___dieu (Furniture piece for praying)
- X-Men character, ___ the Untouchable
- Butterfingers
- Earth goddess in Richard Wagner's opera Das Rheingold
- Docs
- Calendar spans

- [abbr.]
71. Pair
- Down**
- Bert of "The Wizard of Oz" (1939)
 - Sailing side
 - Provincial tree of New Brunswick: 2 wds.
 - Deviated ___ (Nose

- problem)
- Batman foe, The ___
 - Songstress Ms. Grant
 - Mars, The ___: 2 wds.
 - "___ unforeseen circumstances...": 2 wds.
 - Others: Spanish

- "That ___ so bad afterall."
- Alphabet trio
- Begot
- Some movie ratings
- Comprehend: 2 wds.
- New-___
- Highest mount
- Taken-care-of bill
- Word with Ye
- Director, Jean-___ Godard
- Use a chair
- Monarch ___
- Canadian hockey commentator: 2 wds.
- And others, briefly: 2 wds.
- A few
- Rapper, Mos ___
- Dry, as wine
- Afghanistan capital
- Sediment
- Fish ___ Provincial Park, AB
- ___ up (Made stronger)
- Beatles' White ___
- ___ Pa (Some parents)
- Rhythmical stress
- Wrongdoings, in law
- Liq. amounts
- Woodworking tool [var. sp.]
- Egypt-themed opera
- Starring role
- Particular pronoun

Yesterday's Crossword



Sudoku

How to play

Fill in the grid, so that every row, every column and every 3x3 box contains the digits 1-9. There is no math involved.

Yesterday's Sudoku

| | | | | | | | | |
|---|---|---|---|---|---|---|---|---|
| 1 | 6 | 9 | 4 | 2 | 7 | 5 | 3 | 8 |
| 2 | 4 | 5 | 3 | 8 | 9 | 6 | 7 | 1 |
| 3 | 7 | 8 | 1 | 5 | 6 | 9 | 2 | 4 |
| 6 | 5 | 3 | 2 | 7 | 1 | 8 | 4 | 9 |
| 8 | 2 | 1 | 9 | 4 | 5 | 7 | 6 | 3 |
| 4 | 9 | 7 | 8 | 6 | 3 | 2 | 1 | 5 |
| 9 | 8 | 4 | 6 | 3 | 2 | 1 | 5 | 7 |
| 5 | 1 | 2 | 7 | 9 | 4 | 3 | 8 | 6 |
| 7 | 3 | 6 | 5 | 1 | 8 | 4 | 9 | 2 |

| | | | | | | | | |
|---|---|---|---|---|---|---|---|---|
| | | 3 | 7 | 9 | | 4 | | |
| | | 6 | | | | | | 5 |
| 1 | | | 5 | | | 9 | 6 | |
| | 3 | 4 | | 6 | 5 | | | |
| | | | | 1 | 2 | | 3 | 8 |
| | 9 | 7 | | | 3 | | | 8 |
| 8 | | | | | | 2 | | |
| | | 1 | | 8 | 4 | 5 | | |

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40%

Friday

8°/2°
Rain
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